USAID GEO
Guyana Economic Opportunities

Export Label Requirements for the U.S. and Canada
A Guide for Producers and Exporters

Prepared by
Judith Quick

Submitted by:
Chemonics International Inc.
In association with
Management Systems International, Inc

To:
United States Agency for International Development
Georgetown, Guyana

Under Contract No. 504-C-00-99-00009-00

January 2004

GEO Technical Report No. 70

Table of Contents

Forward

This technical bulletin on labeling is intended as a guide for food manufacturers, agro-processors and exporters who are either presently exporting or who plan to export to either the U.S. or Canada. Labeling requirements are quite specific and are becoming more stringent as concerns are raised about nutrition, food additives and food safety. This bulletin was developed as part of a labeling seminar and workshop organized by the New Guyana Marketing Corporation and the USAID/GEO Project in Georgetown in November 2003. The bulletin explains the requirements for food product labeling, including package labels, required and voluntary features, ingredient statements, etc. Section II covers nutrition labeling, serving sizes, and presents various label formats. Topics covered include bilingual labels, acceptable printing fonts, placements of information on the label and a special section which deals with a special U.S. labeling exemption for small businesses. Both sections compare and contrast the various label and package markings required in the U.S. and Canada. The last section of the bulletin provides a hands-on workbook for calculating serving sizes, number of servings and nutrient contents.

It should be noted that many countries have their own labeling requirements. Therefore producers and exporters to countries other than the U.S. and Canada will need to determine the specific requirements in the target country.

Section I: Food Product Labeling in the United States & Canada

Food product labeling can be complicated and confusing. Accurate and correct food product labeling for the U.S. and Canadian markets is essential for market acceptance. Section 1 of this presentation will cover basic regulatory jurisdiction, the main components of food labels required features of labels for the U.S. and Canadian markets and voluntary features, including UPC Bar Codes. Nutritional labeling will be covered in Section 2 of this presentation.

I. Introduction

A. Regulatory Jurisdiction

1. Dept. Agriculture -- products that contain meat or poultry (not seafood)
2. Food & Drug -- everything else
3. Guyana can only export non-meat/non-poultry to the US and Canada

B. Labels are required for any packaged product

1. Canada does not require labels for one-bit confections
    a. single piece of candy or chewing gum
2. Canada does not require labels for fresh fruits packaged in a wrapper or band less than ½ inch
    a. Thin band around bunch of bananas, carrots, etc.

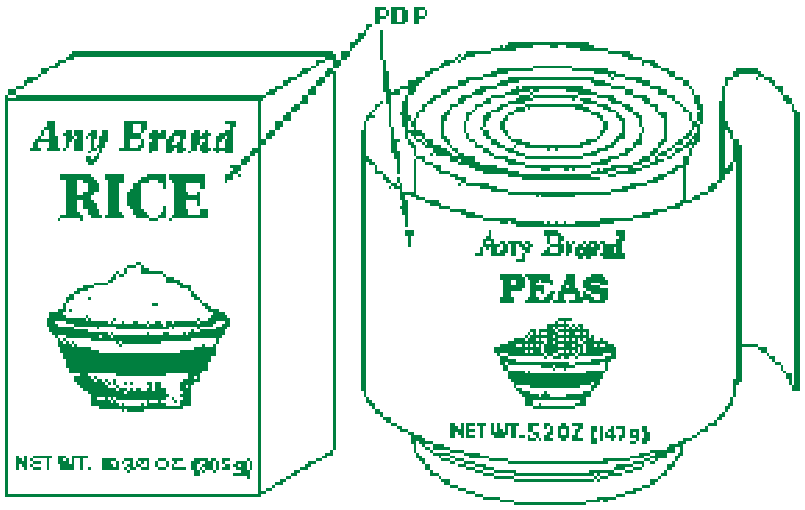
C. Language

1. US labels must be in English
    a. When a required label feature is shown in an additional language, ALL required features must also appear in that language
2. Canadian retail labels must be in English and French
    a. Either may be first
    b. Not required for company name & address

II. The main parts of package labels

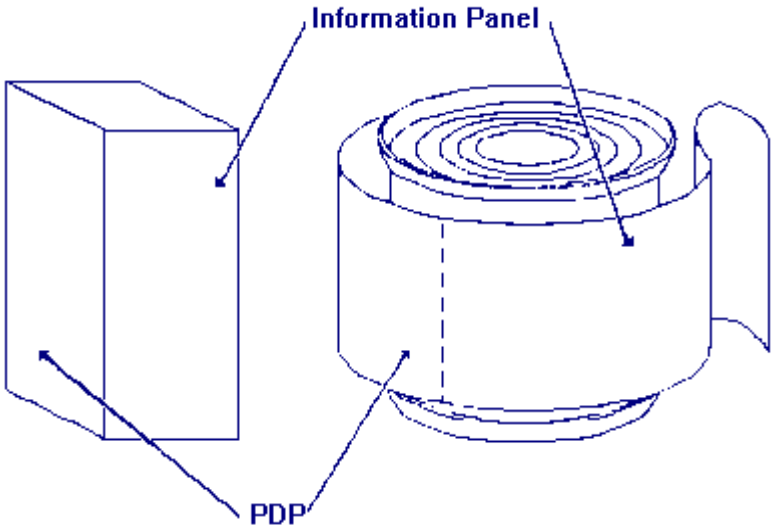
A. Principal Display Panel (PDP) is that surface of the package that is most prominently displayed at the retail store (the front).

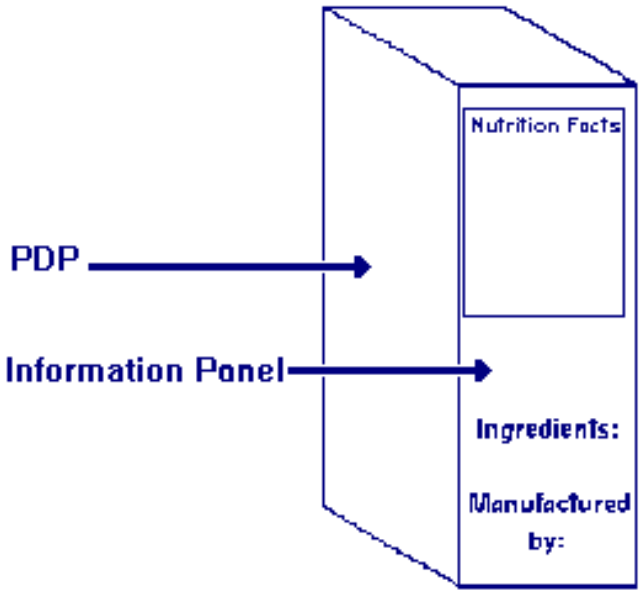
1. On a can, the PDP takes up 40% of the circumference & entire height.
2. The PDP usually is larger than an actual glued-on label.
3. On a box, the PDP is the entire side of the box.
4. Surface area of the PDP is used to determine the minimum size required for the net weight format.

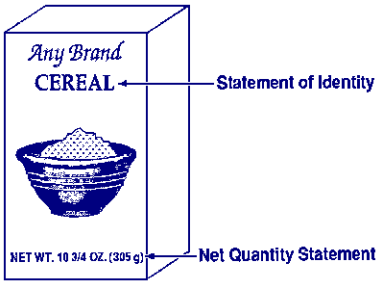


B. Information Panel (IP)

1. On a box, it's the entire side immediately to the right of the PDP
    a. If the right side isn't large enough to contain information, then the back of the box is the IP
2. On a can, it's the 20% of the can's circumference immediately to the right of the PDP.
3. When the top of a package is the PDP, any adjacent side can be the IP.
4. Any required features must appear together. No graphics should intervene the IP.







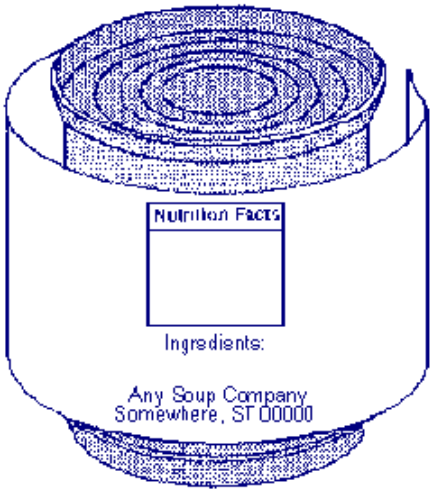
III. Required Features on Labels

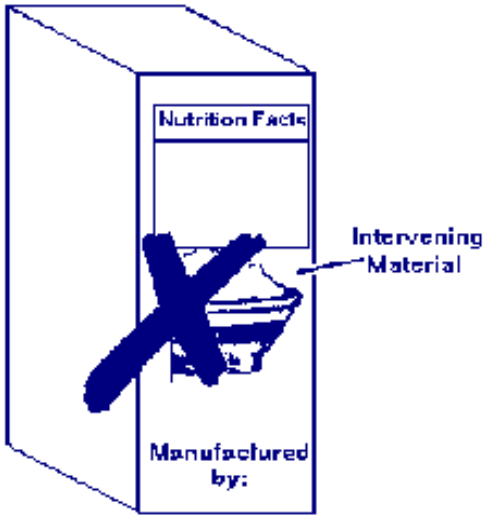
A. Product Name - goes on PDP

1. Not required if only one ingredient

C. Net weight - goes on PDP

1. US requires English and metric net weight
2. Canada requires metric but permits English to be added





D. Company name & address - goes on the PDP or IP

E. Nutrition label - goes on PDP or IP

1. For small packages (≤ 40 sq. in.), may be placed anywhere it fits

F. Product of Guyana – can be placed anywhere

1. If company name & address is in the U.S., place adjacent to the address.
2. The statement must be in type at least as large as the company name & address.

G. Sometimes required features

1. Safe food handling label – Eggs.
2. Handling statement (keep refrigerated) for products that are not shelf stable.
3. Percent juice when label represents that fruit or vegetable juice is an ingredient in a beverage.
4. "Durable Life Date" – Canada only, for foods that spoil within 90 days.
    a. Not required for fresh fruits & vegetables, prepackaged donuts.
    b. Stated as "Best Before (add date)" & "keep refrigerated" or "keep frozen," as appropriate are required

5. In Canada only:
    a. Percent milk fat for some dairy products.
    b. Percent acetic acid for vinegars.
    c. Declaration of use of aspartame.

IV. Product Name

A. Standardized products must have the standardized name.

1. Standards exist for enriched bread, most cheeses, milk & cream, ice cream & sherbet, breads, grain flours & enriched rice, macaroni & noodle products, some canned fruits, some fruit & vegetable juices, jams & jellies, most canned vegetables, ketchup, some fish & shelfish, chocolate products, nuts, bottled water, margarine, syrups, salad dressings & vanilla extract in the US.
2. See Canadian Manual for Canadian standards.

B. If there is no standard of identity, use a descriptive name.

1. A descriptive name includes the major and/or characterizing ingredients in the correct (descending) order of predominance by weight.

C. Sometimes a "fanciful" name is used when the true product name is too long

1. The fanciful name could be what the product is common called in Guyana with a descriptive name that would be understood in Canada & the US.
2. Use US or Canadian terms – get a US or Canadian dictionary.

V. Ingredients Statements

A. Each ingredient is listed by it's common or usual name in descending order of predominance by weight.

B. Flavorings (as defined by regulation) may be listed as such instead of by individual name.

    1. Spices & herbs may be listed as “spice(s)” but not ground, dried vegetables like celery, onion, garlic, chili peppers.

C. In US, ingredients present at 2% or less can be out of correct order.

    1. If you say "contains 2 percent or less of".
    2. Also works for 1.5%, 1%, and 0.5%.

D. Canada allows any order for additives as long as they appear after all other ingredients.

E. Sub-listings may be necessary when an ingredient is, itself, composed of several ingredients.

    1. This is always required for US labels.
    2. Canada does not require sub-listing of some ingredients.
        a. See pp II-14 through II-22 of Canadian manual

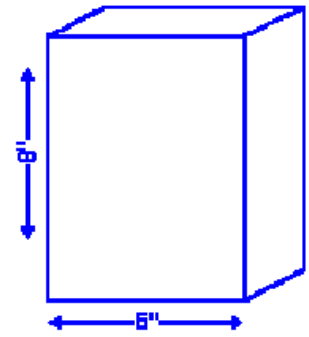
VI. Net Weight

A. Size of type is dictated by the area of the PDP in the US

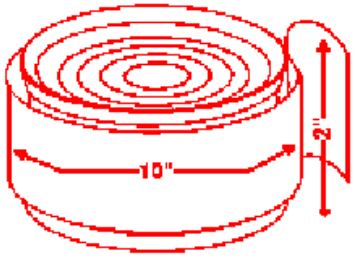
1. Use 1/16 inch type if PDP is < 5 sq. in.
2. Use 1/8 inch type if PDP is < 25 sq. in.
3. Use 3/16 inch type if PDP is < 100 sq. in.
4. Use 1/4 inch type if PDP is < 400 sq. in.
5. Use 1/2 inch type if PDP is > 400 sq. in.

B. Size of type is dictated by the area of the PDP in Canada

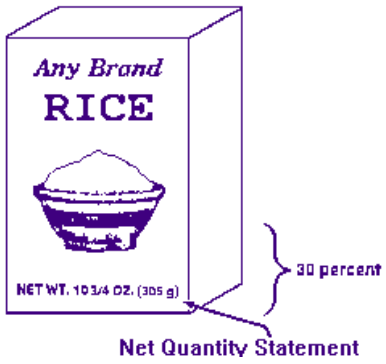
1. 1/16 in (1.6mm) if PDP is < 5 sq. in. (< 32 sq cm).
2. 1/8 in (3.2mm) if PDP is > 5 to < 40 sq. in. (> 32 to < 258 sq cm).
3. 1/4 in (6.4mm) if PDP is > 40 to < 100 sq. in. (>258 to < 645 sq cm).
4. 3/8 in (9.5mm) if PDP is > 100 to < 400 sq. in. (>645 to < 2580 sq cm).
5. ½ in (12.7mm) if PDP is > 400 sq. in. (> 2580 sq cm).



Area of PDP = 6" x 8" = 48 sq. in.



10" x 2" = 20 sq. in.
Area of PDP = 20 sq. in. x 40%
= 8 sq. in.



Net Quantity Statement

C. Placement must be in the lower 30% of the PDP.

D. Need a "buffer zone" (blank space) around the net weight statement.

1. The height of the capital letter "N" above and below.
2. Twice the width of the capital letter "N" to the right and left.
3. No graphic information can violate the "buffer zone".

E. In Canada, there are standard container sizes for some products.

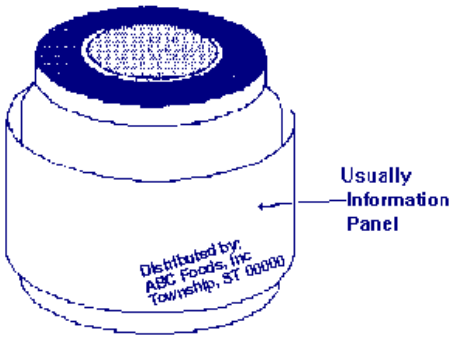
1. Glucose syrup & refined sugar syrup must be in 1 liter, 1.5 liter, or greater whole liter containers.
2. Peanut Butter must be in 250g, 375g, 500g, 750g, 1kg, 1.5kg, or 2kg containers.

VII. Company name and address

A. Does not have to include street number and name if listed in phone book

B. Must include zip code (if applicable)

C. Can be the manufacturer or a distributor



VIII. Nutrition Label

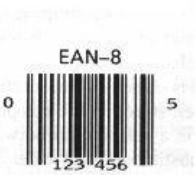
A. Different formats depending on package size and shape

1. This will be covered in detail in Section II.

IX. Common Voluntary Features on Labels

A. UPC Bar Codes – Not required by regulation, but required by supermarkets

1. We use Universal Product Codes in the US and Canada
   a. UPC's are administered by the Uniform Code Council, part of the International Article Numbering (EAN) codes.
2. You have to purchase a "use license".
3. The cost of registration and annual renewal fees are based on your company's annual gross sales revenue and number of products or services.
4. Minimum registration cost is $750, with a minimum annual renew fee of $150.
   a. Contact UCC in U.S. for more information: *telephone* (937) 435-3870, *fax* (937) 435-7317, *Web site*: http://www.uc-council.org/ean_ucc_system/membership/membership.html
3. Structure of the number
   a. First 3 digits are the UPC/EAN assigned prefix.
   b. Next 4 digits are the manufacturer number (assigned by UPC).
   c. Next 5 digits are the item number assigned by company.
   d. Last digit is a check digit (used by the scanner at the market).



B. Code Dates

1. Canada requires a “Best By” date.
2. Some States in the US require a code date for perishable foods.
    a. Date must be identified as to the type of date.
        1) “use by,” “made on,” “for best quality use by.”
3. Code dates may be necessary as part of a Hazard Analysis of Critical Control Points (HACCP) System for seafood and pasteurized fruit juice.

C. Geographic Claims

1. Product must be made in that geographic location or made in the location’s culinary style.

D. “Allergen” labeling

1. This is not required but many companies are doing this for top 7 allergens.
    a. Fish & shellfish, soy, wheat, dairy ingredients, eggs, peanuts, tree nuts, and Canada also considers sesame seeds an allergen.
2. Usually placed next to list of ingredients.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semisweet chocolate (chocolate, sugar, dextrose, soy lecithin, artificial flavor, milk), partially hydrogenated soybean and/or cottonseed oil, sugar, contains 2% or less of high fructose corn syrup, corn syrup, molasses, salt, eggs, baking soda, natural and artificial flavor. ALLERGENS: Contains wheat, milk, and egg ingredients. May contain traces of peanut and tree nuts.

E. Never put anything on the label that is false or that could be misleading.

1. Look through the Canadian Manual for examples.

X. Resources

A. The US regulations

1. Available at http://www.access.gpo/gov/nara/cfr

a. FDA regulations are Title 21, Part 100-169

B. FDA Food Labeling Handbook

1. Review at http://www.cfsan.fda.gov/~dms/flg-toc.html

C. Canadian Guide to Food Labeling and Advertising

1. Review at http://www.inspection.gc.ca/english/bureau/labeti/guide/guidee.shtml

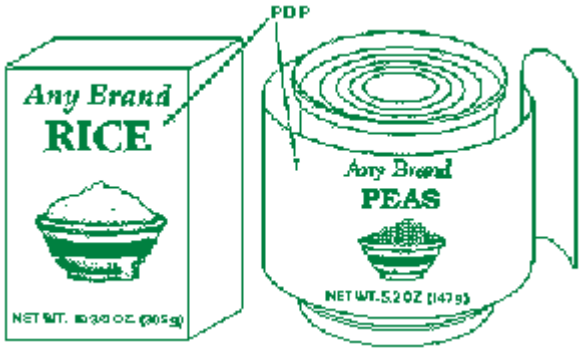
a. Provides links to actual regulations

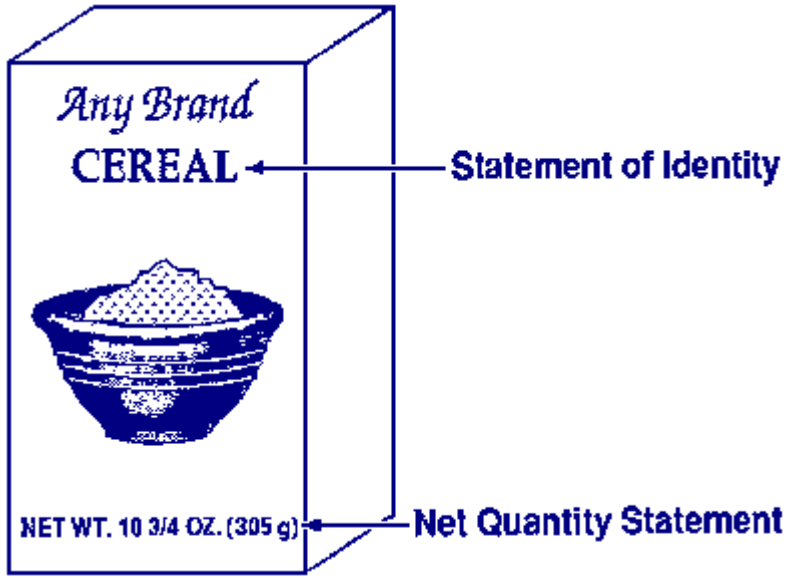
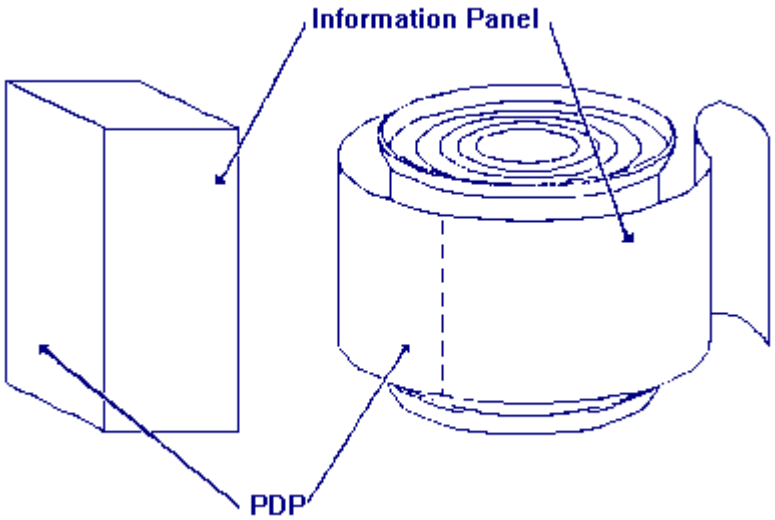
Annex A

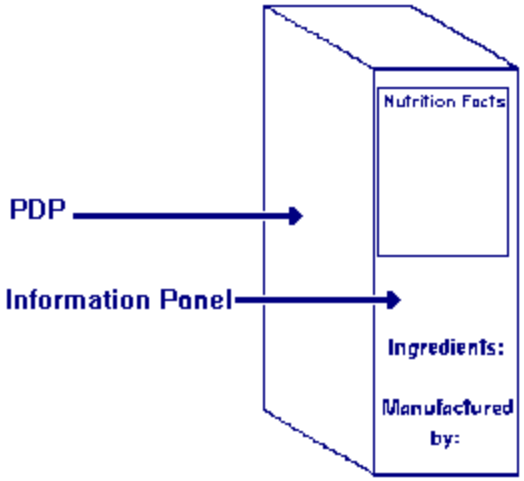
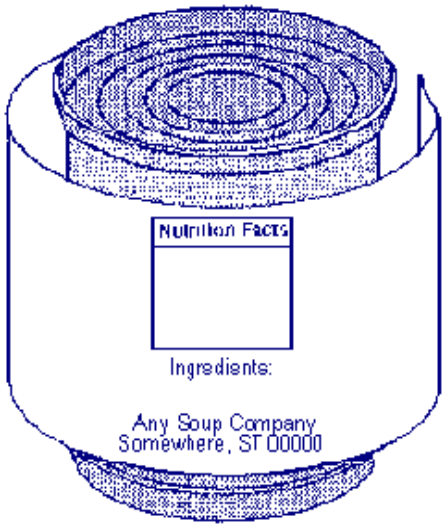
A Food Labeling Guide

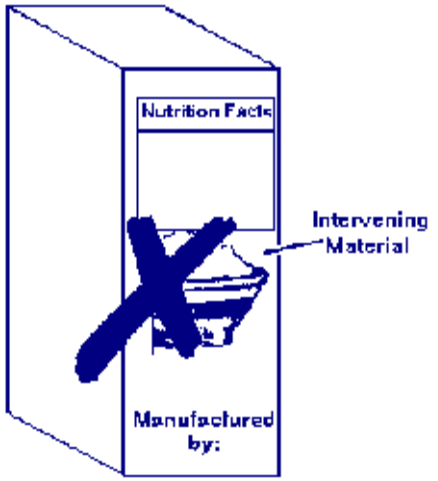
Food Labeling CFR References

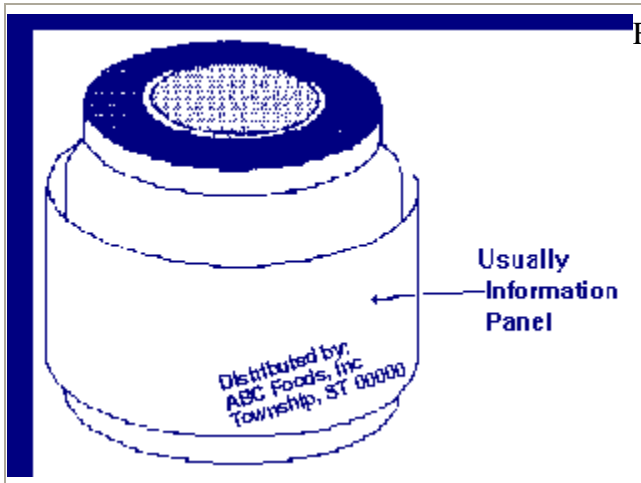
Chapter I--General Food Labeling Requirements

Questions	Answers
1. Where should **label statements** be placed on containers and packages?	There are two ways to label packages and containers: a. Place all required label statements on the front label panel (the principal display panel or PDP), or, b. Place certain *specified* label statements on the principal display panel and other labeling on the information panel (the label panel immediately to the right of the principal display panel, as seen by the consumer facing the product).
2. What are the principal display panel and the alternate principal display panel?	 The principal display panel, or PDP, is that portion of the package label that is most likely to be seen by the consumer at the time of purchase. Many containers are designed with two or more different surfaces that are suitable for display as the PDP. These are alternate principal display panels. 21 CFR 101.1

3. What label statements must appear on the principal display panel?	Place the statement of identity, or name of the food, and the net quantity statement, or amount of product, on the PDP and on the alternate PDP. The required type size and prominence are discussed in Chapters 2 and 3. 21 CFR 101.3(a) and 101.105(a) 
4. Which label panel is the **information panel** ?	 The information panel is the label panel immediately to the right of the PDP, as displayed to the consumer. If this panel is not usable, due to package design and construction, (e.g., folded flaps), then the information panel is the next label panel immediately to the right. 21 CFR 101.2(a)

5. What is information panel labeling?	 The phrase "information panel labeling" refers to the label statements that are generally required to be placed together, without any intervening material, on the information panel, if such labeling does not appear on the PDP. These label statements include the name and address of the manufacturer, packer or distributor, the ingredient list, and nutrition labeling. 21 CFR 101.2(b) and (d)
6. What type size, prominence and conspicuousness is required?	For information panel labeling, use a print or type size that is prominent, conspicuous and easy to read. Use letters that are at least one-sixteenth (1/16) inch in height based on the lower case letter "o". The letters must not be more than three times as high as they are wide, and the lettering must contrast sufficiently with the background so as to be easy to read. Do not crowd required labeling with artwork or non-required labeling. Smaller type sizes may be used for information panel labeling on very small food packages as discussed in 21 CFR 101.2(c). Different type sizes are specified for the nutrition facts label. The type size requirements for the statement of identity and the net quantity statement are discussed in Chapters 2 and 3 of this booklet. 21 CFR 101.2(c) and 101.9(d)(1)(iii) 

7. What is the prohibition against **intervening material**?	Nonessential, intervening material is not permitted to be placed between the required labeling on the information panel (e.g., the UPC bar code is not required labeling). 21 CFR 101.2(e)	

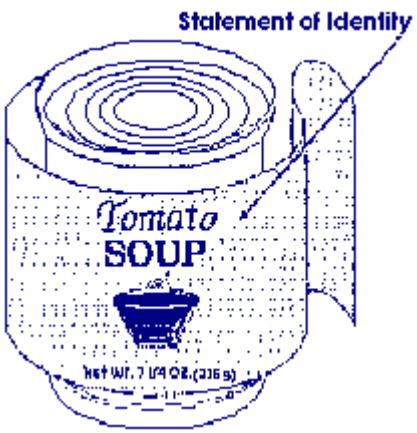
8. What **name and address** must be listed on the label?	 21 CFR 101.5	Food labels must list: a. Name and address of the manufacturer, packer or distributor. Unless the name given is the actual manufacturer, it must be accompanied by a qualifying phrase which states the firm's relation to the product, e.g., "manufactured for" or "distributed by." b. Street address if the firm name and address are not listed in a current city directory or telephone book; c. City or town; d. State (or country, if outside the United States); and e. ZIP code (or mailing code used in countries other than the United States).

Annex B

A Food Labeling Guide

Food Labeling CFR References

Chapter II--Name of Food

Questions	Answers
1. What is the **name of the food statement** called and where must it be placed?	The statement of identity is the name of the food. It must appear on the front label, or principal display panel as well as any alternate principal display panel. 21 CFR 101.3
2. Should the **statement of identity** stand out?	 Use prominent print or type for the statement of identity. It shall be in bold type. The type size must be reasonably related to the most prominent printed matter on the front panel and should be one of the most important features on the principal display panel. Generally, this is considered to be at least 1/2 the size of the largest print on the label. 21 CFR 101.3(d)
3. What **name** should be used as the **statement of identity**?	The common or usual name of the food, if the food has one, should be used as the statement of identity. If there is none, then an appropriate descriptive name, that is not misleading, should be used. 21 CFR 101.3(b)
4. Where should the **statement**	Place the statement of identity in lines generally parallel to the base of the package.

of identity be placed on the label?	21 CFR 101.3(d)
5. When are fanciful names permitted as the statement of identity?	 When the nature of the food is obvious, a fanciful name commonly used and understood by the public may be used. 21 CFR 101.3(b)(3)
6. Is it necessary to use the **common or usual name** instead of a **new name**?	The common or usual name must be used for a food if it has one. It would be considered misleading to label a food that has an established name with a new name. If the food is subject to a standard of identity it must bear the name specified in the standard. 21 CFR 101.3(b)(2)
7. Should modified **statements of identity** be used for **sliced and unsliced** versions of a food?	 Labels must describe the form of the food in the package if the food is sold in different optional forms such as sliced and unsliced, whole or halves, etc. 21 CFR 101.3(c) 

8. What food must be labeled as an **"imitation"**?	 A new food that resembles a traditional food and is a substitute for the traditional food must be labeled as an imitation if the new food contains less protein or a lesser amount of any essential vitamin or mineral. 21 CFR 101.3(e) 
9. What **type size** and **degree of prominence** is required for the word "imitation" in the product name?	Use the same type size and prominence for the word "imitation" as is used for the name of the product imitated. 21 CFR 101.3(e)
10. What causes a juice beverage label to be required to have a % juice declaration?	Beverages that purport to contain juice (fruit or vegetable juice) must declare the % of juice. Included are beverages that purport to contain juice by way of label statements, by pictures of fruits or vegetables on the label, or by taste and appearance causing the consumer to expect juice in the beverage. This includes non-carbonated and carbonated beverages, full-strength (100%) juices, concentrated juices, diluted juices, and beverages that purport to contain juice but contain no juice. 21 CFR 101.30(a)

11. Where and how is % juice declared?	The % juice must be on the information panel, near the top. Only the brand name, product name, logo, or universal product code may be placed above it. Use easily legible boldface print or type that distinctly contrasts with the other printed or graphic material. The type size for the % juice declaration must be not less than the largest type on the information panel, except that used for the brand name, product name, logo, universal product code, or the title phrase "Nutrition Facts." The percentage juice declaration may be either "contains ____% juice" or "____% juice." The name of the fruit or vegetable may also be included (e.g., "100% Apple Juice"). 21 CFR 101.30(e)
12. Are there any **exceptions** from the **% juice requirement**?	An exception is that beverages containing minor amounts of juice for flavoring are not required to bear a % juice declaration provided that: (a) The product is described using the term "flavor" or "flavored," (b) The term "juice" is not used other than in the ingredient list, and (c) The beverages do not otherwise give the impression they contain juice. 21 CFR 101.30(c)

13. How is the % juice calculated?	Juice expressed directly from fruit or vegetables: Compute on a volume/volume basis. Juice made by adding water to concentrate: Calculate using values from the Brix table in 21 CFR 101.30(h)(1) as the basis for 100% juice. 21 CFR 101.30(j), 101.30(h)
14. Should my product be **labeled** as a **"drink"** or a **"beverage"**?	Beverages that are 100% juice may be called "juice." However, beverages that are diluted to less than 100% juice must have the word "juice" qualified with a term such as "beverage," "drink," or "cocktail." Alternatively, the product may be labeled with a name using the form "diluted ____ juice," (e.g. "diluted apple juice"). 21 CFR 102.33(g)
15. Is it necessary to use the term **"concentrate"** on the label?	Juices made from concentrate must be labeled with terms such as "from concentrate," or "reconstituted" as part of the name wherever it appears on the label. An exception is that, in the ingredient statement, the juice is declared as "concentrated ____ juice and water" or "water and concentrated ____ juice," as appropriate. 21 CFR 102.33(g)

16. What name is used on a mixed fruit or vegetable juice beverage?	When stated, names of juices (except in the ingredient list) must be in descending order of predominance by volume, unless the label indicates that the named juice is used as a flavor. Examples: "Apple, Pear and Raspberry Juice Drink" "Raspberry-Flavored Apple and Pear Juice Drink" If the label represents one or more but not all the juices (except in the ingredient list), then the name must indicate that more juices are present. Examples: "Apple Juice Blend" "Apple Juice in a Blend of Two Other Fruit Juices" When one or more, but not all, juices are named and the named juice is not the predominant juice, the name of the beverage must either state that the beverage is flavored with the named juice or declare the amount of the named juice in a 5% range. Examples: (For a "raspcranberry" beverage that is primarily white grape juice with raspberry and cranberry juices added) "Raspcranberry Raspberry and Cranberry flavored Juice Drink" "Raspcranberry Cranberry and Raspberry Juice Beverage 10-15% Cranberry Juice and 3-8% Raspberry Juice" 21 CFR 102.33(b), 102.33(c), 102.33(d)

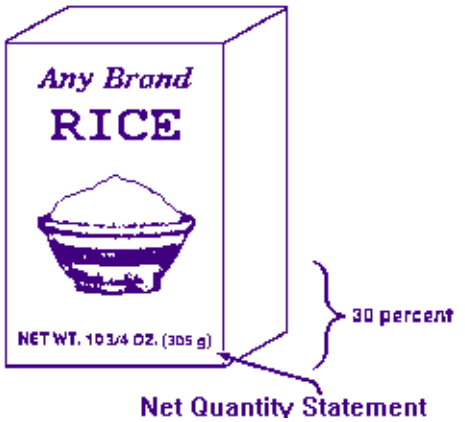
17. What type sizes must be used for % juice information?	Product Name The term "from concentrate" or "reconstituted" must be no smaller than one-half the height of the letters in the name of the juice. The 5% range information generally should be not less than one-half the height of the largest type appearing in the common or usual name (may not be less than 1/16th inch in height on packages with 5 sq. in. or less area on the principal display panel, and not less than 1/8 inch in height on packages with a principal display panel greater than 5 sq. in. Information Panel Use easily legible boldface print or type that distinctly contrasts with the other printed or graphic material on the information panel. The type-size for the %-juice label must be not less than the largest type found on the information panel except that used for the brand name, product name, logo, universal product code, or the title phrase "Nutrition Facts." 21 CFR 101.30(e)(2), 102.5(b)(2), 102.33(d), 102.33(g)

Annex C

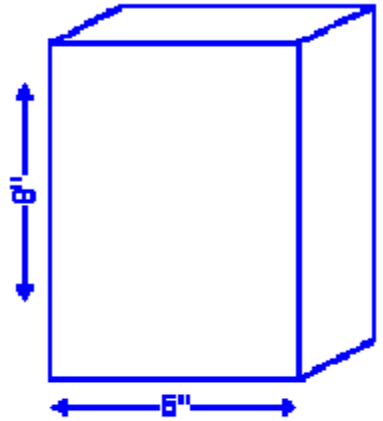
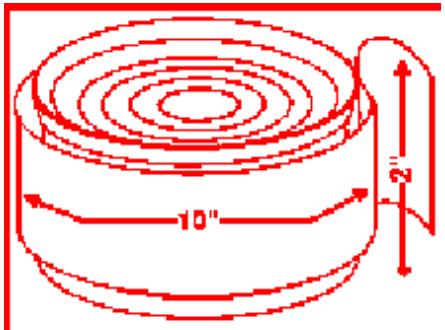
A Food Labeling Guide

Food Labeling CFR References

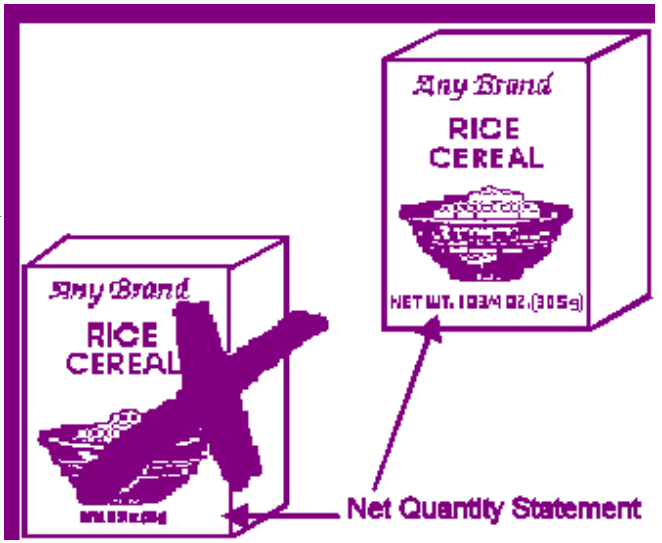
Chapter III--Net Quantity of Contents Statements

Questions	Answers
1. What is the net quantity of contents?	The net quantity of contents (net quantity statement) is the statement on the label which provides the amount of food in the container or package. 21 CFR 101.105(a) 
2. Where is the net quantity of contents statement placed on the label?	The net quantity statement (net quantity of contents) is placed as a distinct item in the bottom 30 percent of the principal display panel, in lines generally parallel with the base of the container. 21 CFR 101.105(f)

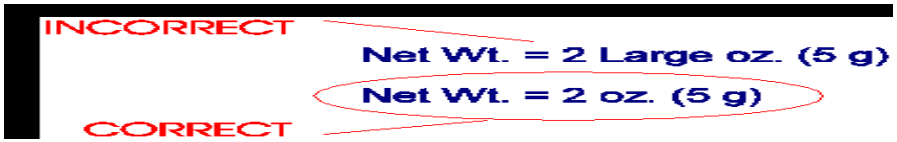
3. Should the **net quantity of contents** be stated in both **grams** and **ounces**?	Food labels printed must show the net contents in both metric (grams, kilograms, milliliters, liters) and U.S. Customary System (ounces, pounds, fluid ounces) terms. The metric statement may be placed either before or after the U. S. Customary statement, or above or below it. Each of the following examples is correct (additional examples appear in the regulations): • Net wt 1 lb 8 oz (680g) • Net wt 1 lb 8 oz 680 g • 500 ml (1 pt 0.9 fl oz) • Net contents 1 gal 3.79 L P.L. 102-329, August 3, 1992; 21 CFR 101.105

4. Why is it necessary to calculate the **area** of the **principal display panel**?	The area of the principal display panel (calculated in square inches or square centimeters) determines the minimum type size that is permitted for the net quantity statement (see next question). Calculate the area of the principal display panel as follows. The area of a rectangular or square principal display panel on a carton is the height multiplied by the width (both in inches or both in centimeters).  Area of PDP = 6" x 8" = 48 sq. in.  10" x 2" = 20 sq. in. Area of PDP = 20 sq. in. x 40% = 8 sq. in. To calculate the area of the principal display panel for a cylindrical container, multiply 40% of the height by the circumference.

5. What is the minimum type size?	For the net quantity statements, the minimum type size is the smallest type size that is permitted based on the space available for labeling on the principal display panel. Determine the height of the type by measuring the height of the lower case letter "o" or its equivalent when mixed upper and lower case letters are used, or the height of the upper case letters when only upper case letters are used. **Minimum Type Size** — Area of Principal Display Panel 1/16 in. (1.6 mm) — 5 sq. in. (32 sq. cm.) or less 1/8 in. (3.2 mm) — More than 5 sq. in. (32 sq. cm.) but not more than 25 sq. in. (161 sq. cm.) 3/16 in. (4.8 mm) — More than 25 sq. in. (161 sq. cm.) but not more than 100 sq. in. (645 sq. cm.) 1/4 in. (6.4 mm) — More than 100 sq. in. (645 sq. cm.) but not more than 400 sq. in. (2580 sq. cm.) 1/2 in. (12.7 mm) — Over 400 sq. in. (2580 sq. cm.) 21 CFR 101.105(h) and (i)

6. What are the conspicuousness and prominence requirements for net quantity statements?	Choose a print style that is prominent, conspicuous and easy to read. The letters must not be more than three times as high as they are wide, and lettering must contrast sufficiently with the background to be easy to read. Do not crowd the net quantity statement with artwork or other labeling (minimum separation requirements are specified in the regulation). 21 CFR 101.105 and 101.15 
7. What is included in the net quantity of contents statement?	Only the quantity of food in the container or package is stated in the net quantity statement. Do not include the weight of the container, or wrappers and packing materials. To determine the net weight, subtract the average weight of the empty container, lid and any wrappers and packing materials from the average weight of the container when filled with food. **Filled container weighs** 18 oz. **Empty container weighs** 2 oz. **Wrapper weighs** 1 oz. **Net Weight** 15 oz. (425 g) 21 CFR 101.105(g)

8. Is water or other packing medium included in determining the net quantity of contents in a food container?	The water or other liquid added to food in a container is usually included in the net quantity declared on a label. In some cases where the packing medium is normally discarded, the drained weight is given, e.g., olives and mushrooms. **Beans weigh** 9 oz. **Water weighs** 4 oz. **Sugar weighs** 1 oz. **Net Weight** 14 oz. (396 g) 21 CFR 101.105(a)
9. What is the **net quantity** of contents for a **pressurized can**?	The net quantity is the weight or volume of the product that will be delivered from the pressurized container together with the weight or volume of the propellant. **Whipped cream** 11.95 oz. **Propellant** .05 oz. **Net Weight** 12 oz. (340 g) 21 CFR 101.105(g)

10. What is the policy on using qualifying phrases in net quantity statements?	Do not use qualifying phrases or terms that exaggerate the amount of food.  21 CFR 101.105(o)

Section II: Nutrition Labeling in the U.S. and Canada

Section II
Table of Contents

Nutrition Labeling in the US and Canada

Section II: Nutrition Labeling in the US and Canada

What is Nutrition Labeling? Why is it important when exporting to the US and Canada?

Nutrition Labeling provides consumers with information on the nutritional value of foods, enables consumers to compare products more easily and better manage special diets. Both the US and Canada have developed regulations on what nutritional information is required, placement and format. In addition, consumers in the U.S. and Canada look for and use this information, it has become a market demand.

What information do food manufactures and exports need to know about these requirements? How can you meet these requirements?

This section of the workshop will address these questions and provide you with the information required to meet the U.S. and Canadian legal requirements and market demand for nutrition information.

I. Nutrition Labeling is Not Always Required

A. Neither the U.S. and Canadian require nutritional labeling for raw, single-ingredient, and unpackaged fruits, vegetable and seafood. Labeling for these products is voluntary. When the information is provided it may be on point-of-purchase information provided by the store.

B. Nutritional information is also not required for:

1. Foods with insignificant amounts of all nutrients (coffee, tea, most spices).
2. Foods sold to food service operations (restaurants).
3. Foods in extremely small packages (less than ½ oz, less than 12 sq. in.)
4. Foods made by small businesses for US market ONLY.
    a. Small business has less than 100 employees.
    b. Exemption applies to any product sold at less 100,000 units.

c. In order to qualify for the exemption as a small business, you must register with FDA. The registration instructions and form are available in annex D.

5. You can lose the exemption if:
   a. You make a nutrient claim like “Low Fat” “Cholesterol Free.”
   b. You add nutrients (fortification).
      1) or fortify ingredients for **Canada** other than flour.
   c. Canada only:
      1) You use an artificial sweetener, like sucralose or aspartame.

II. Determining the Serving Size

A. The unit of measurement for nutritional ingredients is based on the products serving size. The serving size is based on the Reference Amount Customarily Consumed (RACC) in 21 CFR 101.9. The RACC table is the same for US and Canada and is available is in the Workbook.

B. If possible, the serving size should be expressed in cups, tablespoons, and teaspoons.
   1) Cups should be rounded to the nearest 1/3 or 1/4 cup, or,
   2) Tablespoons to the nearest 1/3 or ½ tablespoon, or,
   3) Teaspoons to the nearest 1/4-teaspoon.
   4) For Canada only – milliliters may be used as a serving size.
      a) Rounded to the nearest whole ml; metric serving size in grams.

C. The serving size for individual, discrete units of food:

1. If one piece is **X%** of the RACC:

- Where **X%** is less than or equal to 50% ***the serving size is*** the number of piece whose weight comes closest to the RACC.
- Where **X%** is less than or equal to 50% but greater than or equal to 67% the ***serving size is*** 1 or 2 pieces (your choice).
- Where **X%** is less than > 67% but greater than or equal to 200% ***the serving size is*** 1 piece.
- Where **X%** is less than 200% ***the serving size is*** 1 pieces <u>only</u> if could be consumed by one person at one eating occasion.

D. For larger units of food (weighing > 200% of the RACC):

1. The serving size is the fraction of the whole whose weight comes closest to the RACC.
    a. Only ½, ¼, 1/5, 1/6 or these fractions further divided by 2 or 3 are permitted (e.g., 1/7 is not an option).

2. If the product is not typically divided into fractions (usually sliced, e.g., bread loaf, roast beef), ounces are used in the **US** (serving size of last resort) and in **Canada you must use fractions** (see D above).
    a. **In the US:**
        1) Serving size is stated to the nearest half ounce coming closest to the RACC.
        2) Ounces also used for pieces of food that vary considerably in size. For example: Shrimp, whole fish or fillets, pickles.
        3) Must also provide a physical description, such as "½ inch slice or one 6-in fillet"

.

E. Special serving sizes have been set for some specific foods **in the US only**

1. Popcorn – 1 cup popped corn.
2. Pickles – 1 pickle or 1 oz.

F. The servings size must also be expressed in metric units.

1. Figure serving size first, and then convert.
2. For nutrition labeling purposes ONLY, 1 oz is 28g.
3. Metric rounding:

a. **In the US:**

- 0.1 g if less then 2 grams ***or*** 0.1 g if less then 2 ml
- 0.5 g if 2-5grams ***or*** 0.5 g if 2-5 ml
- Whole number if greater then 5 grams

or whole number if greater then 5 ml

b. **In Canada:**

- 0.1 grams if less then 10 grams ***or*** 0.1 ml if less then 10 ml
- 1 grams if greater then10 grams ***or*** 1 ml if greater then 10 ml

G. Number of Servings Per Container (*Voluntary in **Canada***)

1. Calculate using the net weight;
   Use “about” if not exact.
2. Rounding is to the nearest half serving between 2-5 servings
3. A product cannot have 1½ serving
   a. Packages containing < 200% of the RACC MUST be 1 serving
4. If RACC is > 100 g and package contains 150-200% of the RACC, the company can opt whether to declare 1 or 2 servings.
5. For random weight package the number of servings is "varied."

III. Declaration of Nutrients

A. Nutrient declarations are based on one serving of the product as packaged. The handout on required vs. voluntary nutrient list is your best reference for this determination.

1. Declarations on the product "as prepared" may also be included.
2. Dual declarations for nutrient content per 100g, per 1 oz, or for 1 piece (When the serving size is > 1 piece) are also permitted.

B. Rounding Rules for Nutrition Labels:

Nutrient	Rounded to the Nearest:	**Canada Only**
Calories (total or from any course	• May be 0 if less than 5 calories • 5 if less then or equal to 50 calories • 10 if greater then 50 calories	• 0.1 if less then 5 calories • 0 if “calorie free”
Fat (total, fatty acids, or trans fat)	• Must be 0 if less than 0.5 g of fat; • 0.5 g if less then 5 g of fat	• 0.1g if less then 0.5g of fat • 0g if “fat free” • Whole gram if greater then 5 g of fat
Cholesterol	• 5 mg; may be 0 if less than 2 mg of cholesterol • or "less then 5mg" if 2-5 mg of cholesterol in US only	• 5mg • 0mg if less then 2mg of cholesterol
Sodium and potassium	• Must be 0 if less then 5 mg • 5 mg if 5-140 mg • 10 mg if greater then 140 mg	• 1 mg if less then 5mg • 0 mg if “sodium free”
Total carbohydrates	• gram; may be 0 if less then 0.5 g or • "less then 1 g" if true in US	
Dietary fiber (also soluble & insoluble fiber)	Same as for total carbohydrates	
Sugars	Same as for total carbohydrates	
Sugar alcohols	Same as for total carbohydrates	
Other carbohydrates	Same as for total carbohydrates	
Protein	Same as for total carbohydrates	
Percent of daily value for vitamins & minerals 2% if less then or equal to10%	• 0%, • "less then 2%" if true in US	• 0% if less then1%
Other than sodium and potassium	• 5% if greater then10 and less then or equal to 50% • 10% if greater then 50%	
Percent of daily value	• Whole percent • 0% if amount per serving is 0 • (Calculate using unrounded amount per serving)	

C. There are several options for determining nutrient content of the product

1. *Send it to an analytical laboratory*. This is the most common option, but for small food manufactures can be expensive. There are two regional laboratories that can currently perform food analysis, the Institute for Applied Science and Technology in Guyana and the Caribbean Industrial Research Institute, located in Trinidad and Tobago.
    a. What to expect: Lab report will probably be per 100g of food so you will have to convert it to your serving size.
    b. Laboratory testing is currently the only way to get Trans Fat data at this time.
2. *Use a database for single-ingredient foods*
    a. You can access the US National Nutrient Data Base at http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl.
3. *Use specialized software* to determine nutrient content from the recipe.
    a. Genesis demonstration.
4. For Trans Fat data, you can assume all hydrogenated fat is in the "trans" configuration.

Example of Lab Report for Pita Bread

	Per 100 g
Calories	275 kcal
Total Fat (or lipids)	1.2 g
Saturated Fat	0.166 g
Trans Fat	1.15g
Cholesterol	0 mg
Sodium	536 mg
Carbohydrates	55.70 g
Dietary Fiber	2.2 g
Sugars	1.3 g
Protein	9.1 g
Vitamin A	0 mg
Vitamin C	0 mg
Calcium	86 mg
Iron	2.62 mg
Moisture	32.10 g
Ash	1.9 g

IV. FORMATS

A. There are various formats that can be used for nutrition labeling.

1. Attempt to use one of the full formats. If one of these formats does not fit on the package label, you can try one of the other formats.
2. For packages with < 40 square inches of surface area one of the smaller label formats may be used. These formats cannot be use on larger packages.
3. If there is an insignificant amount (could be rounded to “zero”) of at least 8 out of the 14 required nutrients (can’t count Calories from Fat) in the US, you can use the simplified format. In Canada there must be an insignificant amount of at least 7 nutrients to use the simplified format. This format is intended to prevent nutrition labels with lots of zeros.
4. There are printing specifications for nutrition labels (see Annex C).

B. Full Nutrition Label Formats --

Regular, Full Formats

US

Nutrition

Serving Size 4 oz (112g)

Servings Per Container varied

Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	**2**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 35mg	**12**%
Sodium 440mg	**18**%
Total Carbohydrate 2g	**1**%
Dietary Fiber 1g	**4**%
Sugars 1g	
Protein 17g	

Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Canada

Nutrition Facts

Valeur nutritive

Per 125 mL (87 g)

par 125 mL (87 g)

Amount / **Teneur**	**% Daily Value** / **% valeur quotidienne**
Calories / **Calories** 90	
Fat / **Lipides** 1.5 g	**2** %
Saturated / saturés 1 g + Trans / trans 0.5 g	
Cholesterol / **Cholestérol** 35 mg	**12** %
Sodium / **Sodium** 440 mg	**18** %
Carbohydrate / **Glucides** 2 g	**1** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 1 g	
Protein / **Protéines** 17 g	

Vitamin A / Vitamine A 10 %

Vitamin C / Vitamine C 15 %

Calcium / Calcium 2 %

Iron / Fer 4 %

NOTE: *The Canadian label is bilingual, has no footnote chart and no lines separating vitamins & minerals at bottom. Also, note space between numbers and unit of measure*.

Regular “Split Format”

US Only

Use when height on label is somewhat limited.

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container varied

Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	**2**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 35mg	**12**%
Sodium 440mg	**18**%
Total Carbohydrate 2g	**1**%
Dietary Fiber 1g	**4**%
Sugars 1g	
Protein 17g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Horizontal, Full Formats (actual size)

US *– use when height of package is no more than about 3 inches*

Nutrition Facts	Amount/serving %DV*	Amount/serving %DV*
Serving Size ¼ mix (93g)	**Total Fat** 7g	**Total Carbohydrate** 58g
Servings per Container 4	Saturated Fat 2.5g	Dietary Fiber 2g
Calories 350	Trans Fat 1.5g	Sugars 2g
Calories from Fat 60	**Cholesterol** 10mg	**Protein** 13g
	Sodium 620mg	
	Vitamin A 20% ! Vitamin C 10%	Calcium 15% Iron 20%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholest.	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Fiber		25g	30g

Canada

Nutrition Facts Valeur nutritive	Amount / Teneur	Amount / Teneur
Per 1 bar (40 g) pour 1 tablette (40 g)	**Fat Lipides** 13 g	**Carbohydrate / Glucides** 23 g
Calories 250	Saturated / saturés 5 g + Trans / trans 3.5 g	Fibre / Fibres 0 g Sugars 2 g
* DV = Daily Value VQ = valeur quotidienne	**Cholesterol / Cholestérol** 10 mg	**Protein / Protéines** 13 g
	Sodium / Sodium 620 mg	
	Vitamin A / Vitamine A	Vitamin C / Vitamine C
	Calcium / Calcium	Iron / Fer

C. Smaller Package Nutrition Label Formats

1. Attempt Columnar First, then tabular, linear is last resort.

a. **US formats** – Note use of abbreviations in nutrient names, serving size and servings per container.

US Columnar Format
Very similar to Canadian regular format.

Nutrition

Serv Size 4 oz (112g)
Servings 2

Amount Per Serving	
Calories 90	Fat Cal 15
	% Daily Values*
Total Fat 1.5g	**2**%
Sat Fat 0.5g	**3**%
Trans Fat 0g	
Cholest 35mg	**12**%
Sodium 440mg	**18**%
Total Carb 2g	**1**%
Fiber 1g	**4**%
Sugars 1g	
Protein 17g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

US Tabular Format
Very similar to Canadian horizontal format.

Nutrition Facts

Serv Size 3 oz
Servings about 3
Calories 140
Fat Cal 50

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	**%D**	**Amount/serving**	**%**
Total Fat 6g		**Total Carb** 0g	
Sat Fat 2g		Fiber 0g	
Trans Fat 0.5g		Sugars 0g	
Cholest 45mg		**Protein** 20g	
Sodium 310mg			

Vitamin A 0% ! Vitamin C 0% ! Calcium 0% ! Iron 10%

Linear Formats – *box can be any height or width*

US Version –

Nutrition Facts Serv size: 1 package, Amount Per Serving: Calories 45, Fat Cal. 10, Total Fat 1g (2% DV), Sat. Fat 1g (5% DV), Trans Fat 0.5g, Cholest. 0mg (0% DV), Sodium 50 mg (2% DV), Total Carb. 8g (3% DV), Fiber 1g (4% DV), Sugars 4g, Protein 1g, Vitamin A (8% DV), Vitamin C (8% DV), Calcium (0% DV), Iron (2% DV).
Percent Daily Values (DV) are based on a 2,000 calorie diet.

Canadian Version – NOTE: no bilingual version

Nutrition Facts Per 1 cup (264 g) Calories 260

Fat 13 g (20 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg (10 %), Sodium 660 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g, Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %). % = % Daily Value

Valeur nutritive pour 1 tasse (264 g) Calories 260

Lipides 13 g (20 %), Lipides saturés 3 g + Lipides trans 2 g (25 %), Cholestérol 30 mg (10 %), Sodium 660 mg (28 %), Glucides 31 g (10 %), Fibres 0 g (0 %), Sucres 5 g, Protéines 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Fer (4 %).% = % valeur quotidienne

D. Simplified Nutrition Label Format

1. May be used when there is an “insignificant amount of at least:
    a. Insignificant amount” is an amount that would be rounded to “zero.”
    b. 8 nutrients not counting calories from fat - **In the US.**
    c. “7 nutrients -**In Canada.**
2. This format can be used on any size package.
3. **In the US**, Calories, Total Fat, Sodium, Total Carbohydrate, & Protein must always be listed.
4. **In Canada**, Calories, Fat, Carbohydrate, and Protein must always be listed.

US Simplified Format

Nutrition

Serving Size 8 fl oz (240ml)
Servings Per Container 4

Amount Per Serving	
Calories 0	
	% Daily Values*
Total Fat 0g	**0**%
Sodium 40mg	**2**%
Total Carbohydrate 0g	**0**%
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Canadian Simplified Format

Nutrition Facts
Valeur nutritive

Per 1 stick (2.7 g)
pour 1 bâtonnet (2.7 g)

Amount **Teneur**	**% Daily Value** **% valeur quotidienne**
Calories / **Calories** 5	
Fat / **Lipides** 0 g	**0** %
Carbohydrate / **Glucides** 2 g	**1** %
Protein / **Protéines** 0 g	

Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

Source négligeable de lipides saturés, lipides, trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium, et fer.

Note that all nutrients are declared either in the main part of the nutrition label or in the summary statement “Not a significant source of ...”

E. Additional Formats

1. Dual Declaration Formats:
    a. Used for showing nutrient content for product as sold and as prepared.
    b. Used for showing nutrient content for different amounts (also per piece, or per 100g, or per 100ml, or per ounce).
    c. Example in Annex B.
2. Bilingual Format **for US:**
    a. Used for foods sold in ethnic communities or for export.
3. Aggregate Format:
    a. Used for variety packs or when one package is used for several different foods at different times.

V. Compliance Parameters The US or Canadian governments use compliance parameters to ensure that nutrition labels correctly reflect the nutrient content of the food.

A. Product must contain at least 80% of label declaration for vitamins, minerals (other than sodium), protein, total carbohydrate, complex carbohydrate, fiber, unsaturated fatty acids and potassium.
    1. You may want to slightly under-declare these nutrients.
B. Product must contain no more than 120% of the label value for calories, total fat, saturated fat, trans fat, cholesterol, sugars, and sodium.
    1. You may want to slightly over-declare these nutrients.
C. Analysis conducted by FDA on a sub-sample taken from a composite of 12 retail units from the same production lot.
D. When over- or under-declaring nutrients, do so before calculating calories.

Nutrition Label Format with Dual Declarations

NOTE: Only percent daily values are required for both columns; amount per serving must be listed for required type of declaration. Amount per serving for voluntary expression may be listed in footnote or adjacent to nutrient names.

Nutrition

Serving Size 1/12 cake (80g)
Servings Per Container 12

Amount Per Serving	Mix	Baked
Calories 190	280	
Calories from Fat	45	135
% Daily Value**		
Total Fat 5g*	**13**%	**36**%
Saturated Fat 2g	**10**%	**13**%
Cholesterol 0mg	**0**%	**0**%
Sodium 300mg	**8**%	**9**%
Total Carbohydrate 34g	**9**%	**9**%
Dietary Fiber 0g	**0**%	**0**%
Sugars 18g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	8%
Iron	2%	4%

*Amount in mix
**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholest.	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Nutrition Facts

Serving Size 2 slices (45g)
Servings Per Container 10

Amount Per Serving	Per Serving	Per Slice
Calories	100	50
Calories from Fat	70	35
% Daily Value**		
Total Fat 8g*	**12**%	**6**%
Saturated Fat 3g	**13**%	**8**%
Cholesterol 25mg	**9**%	**5**%
Sodium 450mg	**19**%	**9**%
Total Carbohydrate 2g	**1**%	**0**%
Dietary Fiber 0g	**0**%	**0**%
Sugars 1g		
Protein 6g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	4%
Iron	4%	2%

*Amount in 2 slices. One slice provides 4g total fat, 1.5g saturated fat, 15mg cholesterol, 220mg sodium, 1g total carbohydrate, 0g dietray fiber, 0g sugars, and 3g protein.
**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

US Bilingual Nutrition Label

(English/Spanish)

Nutrition Facts / Datos DeNutricion

Serving Size/Tama□o por Racion 5 flautas (140g)

Servings Per Container/Raciones por Envase about/aprox. 2.5

Amount Per Serving/Cantidad por Racion	
Calories/Calorias 310	Calories from Fat/Calorias de Grasa 30

% Daily Value*/% Valor Diario*	
Total Fat/Grasa Total 3.5g	**5**%
Saturated Fat/Grasa Saturada 1g	**5**%
Cholesterol/Colesterol 30mg	**10**%
Sodium/Sodio 330mg	**14**%
Total Carbohydrate/Carbohidrato Total 49g	**36**%
Dietary Fiber/Fibra Dietetica 9g	**36**%
Sugars/Azucares 0g	
Protein/Proteinas 20g	

Vitamin/Vitamina A 0%	Vitamin/Vitamina C 0%
Calcium/Calcio 6%	Iron/Hierro 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	*Los porcentajes de Valores Diarios estan basados en una die-ta de 2,000 calorias. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades caloricas:		
	Calories/Calorias:	2,000	2,500
Total Fat/Grasa Total	Less than/Menos de	65g	80g
Saturated Fat/Grasa Saturada	Less than/Menos de	20g	25g
Cholesterol/Colesterol	Less than/Menos de	300mg	300mg
Sodium/Sodio	Less than/Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidratos Total		300g	375g
Dietary Fiber/Fibra Dietetica		25g	30g

US Aggregate Nutrition Label

Nutrition Facts				**Orange Muffins**		**Blueberry Muffins**	
Serving Size 2 muffins				(48g)		(48g)	
Servings Per Container				6		6	
Amount Per Serving							
Calories				150		160	
Calories from Fat				80		70	
					% DV*		**% DV***
Total Fat				9g	**13**%	8g	**12**%
Saturated Fat				2g	**9**%	1.5g	**7**%
Cholesterol				25mg	**9**%	35mg	**12**%
Sodium				150mg	**6**%	150mg	**6**%
Total Carbohydrate				18g	**6**%	20g	**7**%
Dietary Fiber				1g	**3**%	0g	**0**%
Sugars				12g		12g	
Protein				2g		1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				Vitamin A 0% Vitamin C 2% Calcium 2%		0% 0% 2%	
	Calories:	2,000	2,500	Iron 2%			
Total Fat	Less than	65g	80g				
Sat Fat	Less than	20g	25g				
Cholest.	Less than	300mg	300mg				
Sodium	Less than	2,400mg	2,400mg				
Total Carb		300g	375g				
Fiber		25g	30g				

NOTE: Larger than minimum size

Annex A

Request vs Voluntary Nutrient for Nutrition Labeling

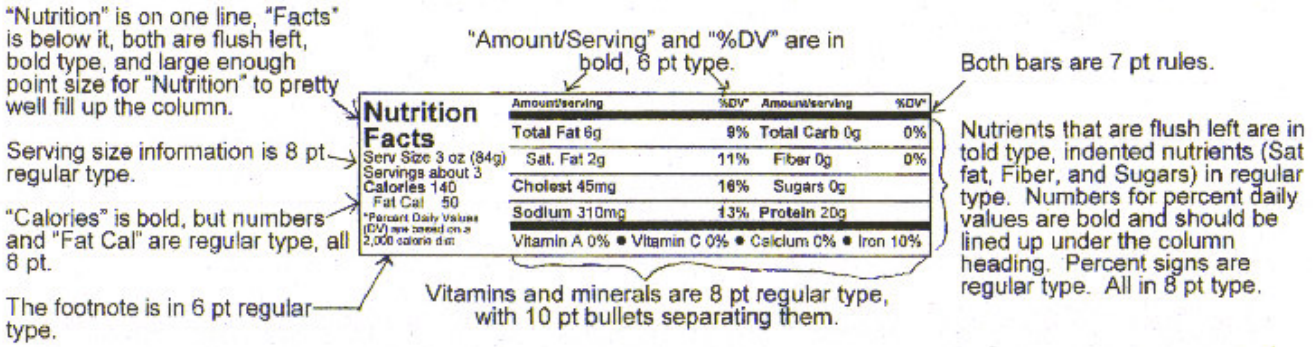
US Nutrients	**Unit**	**DV**	**Canadian Nutrients**
Calories	n/a	n/a	Calories
Kilojoules	n/a	n/a	Kilojoules (or kJ)
Calories from fat	n/a	n/a	Calories from fat
Calories from sat fat	n/a	n/a	Calories from saturated and trans fat
Total fat	g	65	Total fat
Saturated fat	g	20	Saturated fat
Trans fat	g	n/a	Trans fat
			Saturated fat + Trans fat
Polyunsaturated fat	g	n/a	Polyundsaturated fat Omega – 6 Polyundsaturated fat Omega – 3 Polyundsaturated fat
Monounsaturated fat	g	n/a	Monounsaturated fat
Cholesterol	mg	300	Cholesterol
Sodium	mg	2,400	Sodium
Potassium	mg	3,500	Potassium
Total carbohydrate	g	300	Carbohydrate (or Total carbohydrate)
Dietary fiber	g	25	Fiber (Fibre, or Dietary fiber)
Soluble fiber	g	n/a	Soluble fibre/fiber
Insoluble fiber	g	n/a	Insoluble fibre/fiber
Sugar	g	n/a	Sugar
Sugar alcohols	g	n/a	Sugar alcohols
Other carbohydrates	g	n/a	Starch
Protein	g	50	Protein
Vitamin A	IU	5000	Vit A (or Vitamin A)
% Vit A as β-Carotene	%	n/a	

US Nutients	**Unit**	**DV**	**Canadian Nutrients**
Vitamin C	g	60	Vit C (orVitamin C)
Calcium	mg	1000	Calcium
Iron	mg	18	Iron
Vitamin D	IU	400	Vit D (orVitamin D)
Vitamin E	IU	30	Vit E (or Vitamin E)
Vitamin K	mcg	80	Vit K (or Vitamin K)
Thiamin	mg	1.5	Thiamin
Riboflavin	mg	1.7	Riboflavin
Niacin	mg	20	Niacin
Vitamin B_6	mg	2.0	Vit B_6 (or Vitamin B_6)
Folic Acid	mcg	400	Folate
Vitamin B_{12}	mcg	6	Vit B_{12} (or Vitamin B_{12})
Biotin	mg	0.3	Biotin
Pantothenic acid	mg	10	Pantothenic acid (or Pantothenate)
Phophorus	mg	1000	Phosphorus
Iodine	mcg	150	Iodine (or Iodide)
Magnesium	mg	400	Magnesium
Zinc	mg	15	Zinc
Selenium	mcg	70	Selenium
Copper	mg	2	Copper
Molybdenum	mg	75	Molybdenum
Chloride	mg	3400	Chloride

- Nutrients in bold type are required for the U.S. and Canada

Annex B

US Tabular Nutrition Label Format
(may be used only when total surface area of package (not label) that could support written or graphic information is 40 sq. in. or less and when the columnar format does not fit)



The entire nutrition label is enclosed in a hairline box, suggested to be a ½ pt rule. Hairlines between nutrients are suggested to be a ¼ pt rule. For the entire nutrition label, there should be at least 1 pt of leading between lines of text and at least 4 pts leading between lines for the nutrient declarations. Letters may not touch.

Please note that this format permits the use of abbreviations for "Serving Size" (Serv Size), "Servings Per Container" (Servings), "Calories from Fat" (Fat Cal), "Saturated Fat" (Sat Fat), "Cholesterol" (Cholest), "Total Carbohydrate" (Total Carb), and "Dietary Fiber" (Fiber). Also, please note that because the abbreviation "%DV" is used, the footnote under the calories information contains the parenthetical "(DV)" after the term it abbreviates ("Daily Values").

US Regular Nutrition Label Format

"Nutrition" is flush left, "Facts" is flush right, & the size is adjusted to fill up the column, type is bold.

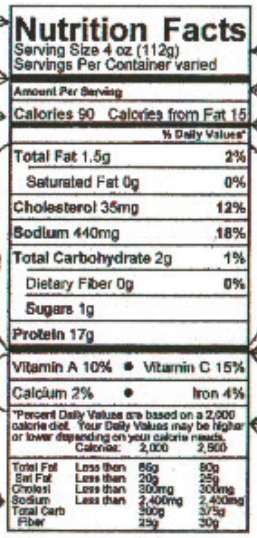
Bar is suggested to be a 7 pt rule.

Only "Calories" is bold face, all calorie information is 8 pt.

Nutrients that are flush left are in bold type, indented nutrients (saturated fat, dietary fiber, and sugars) are in regular type. Numbers and unit of measure for amount per serving are regular type. All in 8 pt.

Vitamins and minerals below protein are regular type, two nutrients per line, 8 pt, and separated by a centered 10 pt bullet.

Abbreviations for nutrient names may be used in the chart below protein. Periods are not required after abbreviations.



Nutrition Facts
Serving Size 4 oz (112g)
Servings Per Container varied

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%
Saturated Fat 0g 0%
Cholesterol 35mg 12%
Sodium 440mg 18%
Total Carbohydrate 2g 1%
Dietary Fiber 0g 0%
Sugars 1g
Protein 17g

Vitamin A 10% • Vitamin C 15%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

All information related to the serving size is 8 pt regular type.

"Amount Per Serving" and "% Daily Value" are bold, 6 pt type.

Bar is suggested to be a 6 pt rule.

Entire label is enclosed in a hairline box (½ pt rule suggested), with hairlines separating the nutrients (¼ pt rule suggested).

Numbers for percent daily values are in bold type (8 pt), percent signs are regular type. Numbers should be lined up under the column heading.

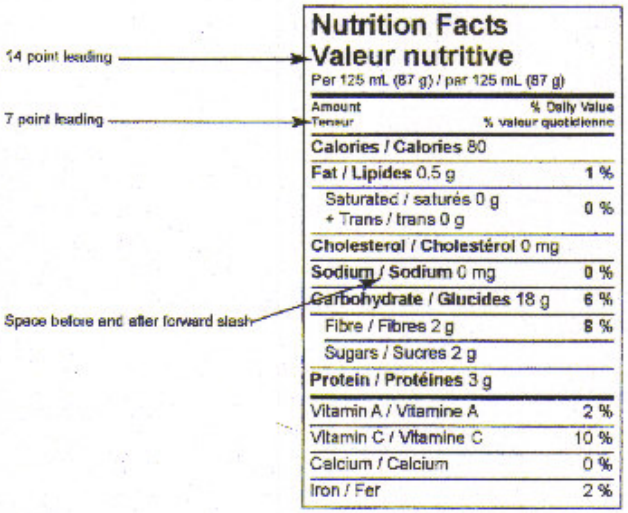
Bar is suggested to be a 7 pt rule.

All information below vitamins and minerals is 6 pt, regular type.

For the entire nutrition label, there should be at least 1 pt of leading between lines of text and at least 4 pts leading between lines for the nutrient declarations. Letters may not touch.

Bilingual Standard Format

Figure 3.1(B)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
French terms may appear first.

Figure 3.2(B)

Follow Figure 3.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 3.3(B)

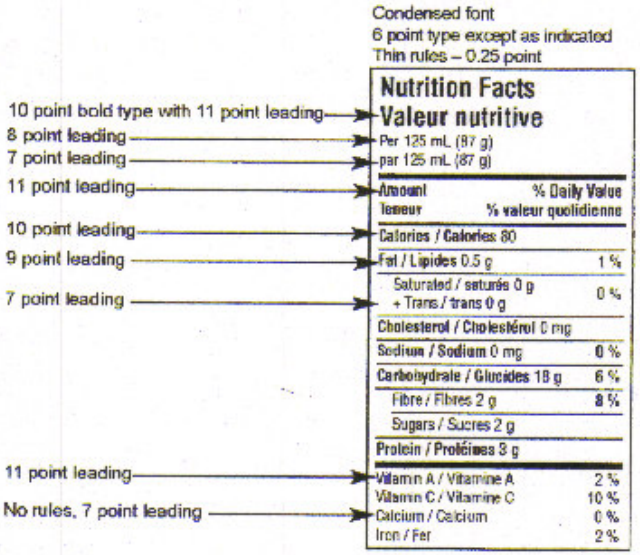
Follow Figure 3.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 3.4(B)

Follow Figure 3.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type with leading reduced by 3 points.

Bilingual Standard Format (*continued*)

Figure 3.5(B)



Note: Same format specifications as in Figure 3.1(B) except as otherwise indicated. French terms may appear first.

Figure 3.6(B)

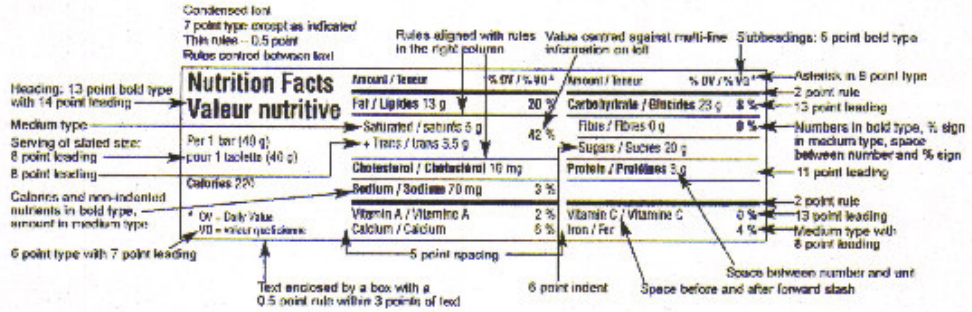
Follow Figure 3.5(B) except: leading is reduced by 1 point where there is a rule.

Figure 3.7(B)

Follow Figure 3.5(B) except: the heading may be displayed in 9 point bold type with leading reduced by 3 points; leading may be reduced by 2 points where there is a rule, and by 1 point where there is no rule except for subheadings; box enclosing text may be displayed with a 0.25 point rule within 1 point of text; 2 point rules may be reduced to 1.5 points and the 1 point rule may be reduced to 0.75 point.

Bilingual Horizontal Format

Figure 4.1(B)

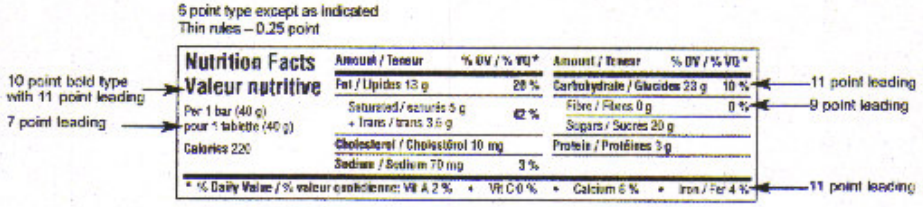


Note: French terms may appear first.

Figure 4.2(B)

Follow Figure 4.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; the leading is reduced by 1 point in the right column and the information in the other columns is adjusted accordingly.

Figure 4.3(B)



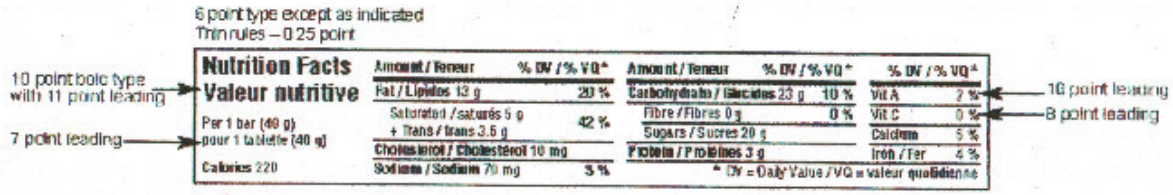
Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
French terms may appear first.

Bilingual Horizontal Format (*continued*)

Figure 4.4(B)

Follow Figure 4.3(B) except: the leading is reduced by 1 point in the right column and the information in the other columns is adjusted accordingly.

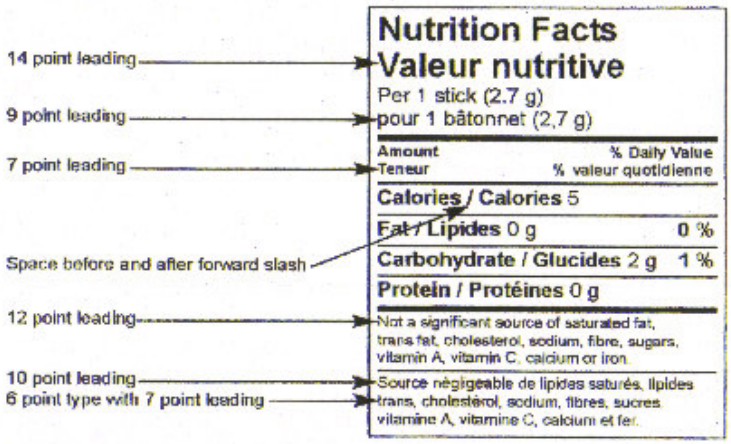
Figure 4.5(B)



Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
French terms may appear first.

Bilingual Simplified Standard Format

Figure 6.1(B)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
French terms may appear first.

Figure 6.2(B)

Follow Figure 6.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 6.3(B)

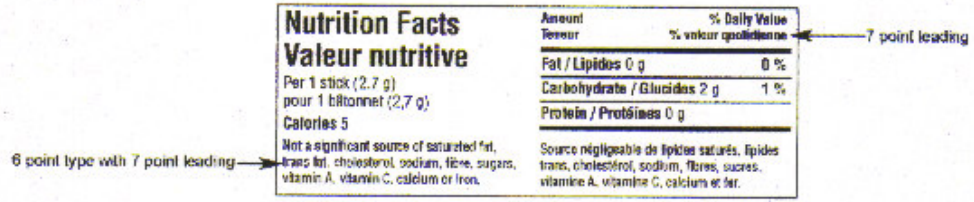
Follow Figure 6.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 6.4(B)

Follow Figure 6.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type with leading reduced by 3 points.

Bilingual Simplified Horizontal Format

Figure 7.1(B)

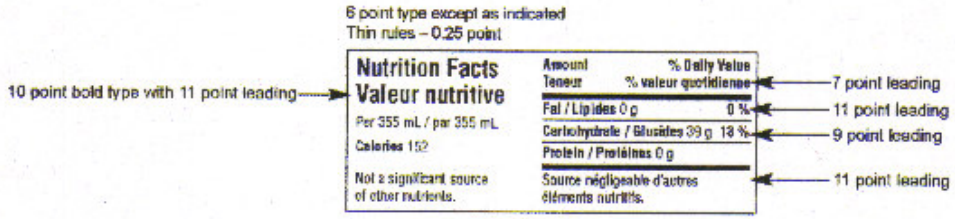


Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
French terms may appear first.

Figure 7.2(B)

Follow Figure 7.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; the leading is reduced by 1 point where there is a rule and the information in the other column is adjusted accordingly.

Figure 7.3(B)



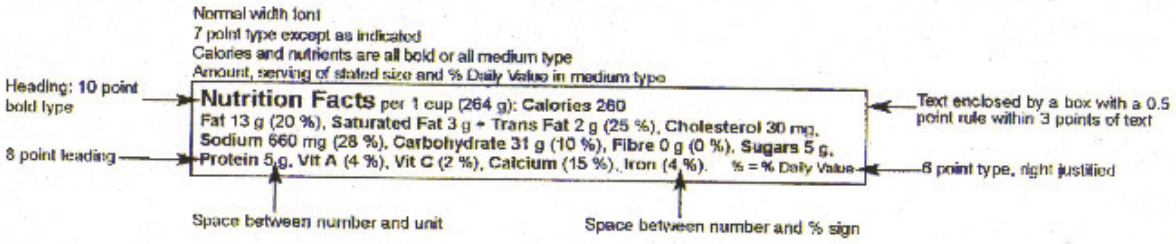
Note: Same format specifications as in Figure 7.1(B) except as otherwise indicated.
French terms may appear first.

Figure 7.4(B)

Follow Figure 7.3(B) except: leading is reduced by 1 point where there is a rule and the information in the other column is adjusted accordingly.

Linear Format

Figure 16.1(E)



Note: Number of lines may vary according to available display surface.
Texts of Figures 16.1(E) and (F) may be displayed adjacent to one another within the same box.

Figure 16.1(F)

Valeur nutritive pour 1 tasse (264 g) : **Calories** 260
Lipides 13 g (20 %), **Lipides saturés** 3 g + **Lipides trans** 2 g (25 %), **Cholestérol** 30 mg,
Sodium 660 mg (28 %), **Glucides** 31 g (10 %), **Fibres** 0 g (0 %), **Sucres** 5 g, **Protéines** 5 g,
Vit A (4 %), **Vit C** (2 %), **Calcium** (15 %), **Fer** (4 %). % = % valeur quotidienne

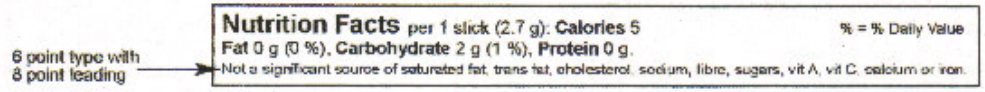
Note: Same format specifications as in Figure 16.1(E).

Figures 16.2(E) and (F)

Follow Figures 16.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 1 point.

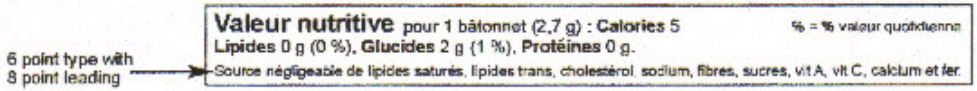
Simplified Linear Format

Figure 17.1(E)



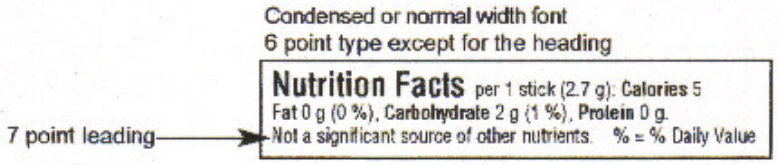
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.1(F)



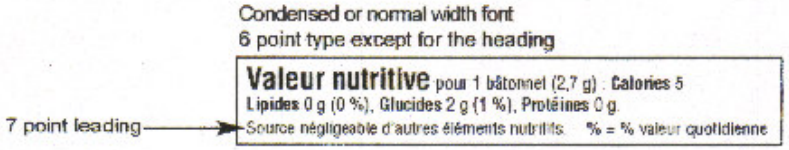
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.2(E)



Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

Figure 17.2(F)



Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

Annex C

Printing Specifications for Nutrition Labels in the US

1. The nutrition label is enclosed in a hairline box
2. The type must be black or one color on a white or neutral background
3. You must use upper and lower case letters in an easy-to-read type style, Franklin Gothic or Helvetica are the two recommended.
4. At least one point leading between lines of text and at least 4 points leading between lines for the nutrient declarations
5. Letters may not touch.
6. "Amount per serving," "% Daily value," the footnote and the calories per gram information (at the bottom of the nutrition label) may be in no smaller than 6 pt. type. All else in at least 8 pt. type, but "Nutrition Facts" must be in type larger than any other type in the panel.
7. Bold type or other highlighting must be used for "Nutrition Facts," "Amount per Serving," "% Daily Value," the main nutrients that are not indented, and the percents of daily values in the main part of the panel (see example). Nothing else may be highlighted.
8. Hairlines between the nutrients must be centered between lines of text; there are no specifications on the bars (bold lines in the example) or other hairlines, but a 7 pt. rule is recommended for the line separating "Servings per Container" from "Amounts per Serving" and separating the protein listing from the vitamins listing. The bold line separating the calorie content declarations for "% Daily Value" is recommended to be a 6 pt. rule. Hairlines are recommended to be a 1/4 pt. rule.
9. "Nutrition Facts" must extend the full width of the panel (except for the "split" format) "unless impractical".
10. If "calories from saturated fat" is declared, the calories can be listed vertically instead of horizontally (as in dual declaration example).
11. "Percent Daily Value," "Percent DV," or "% DV" may be substituted for "% Daily Value"
12. The nutrient names are listed with the amount per serving immediately following, and the percent of daily value in the column.
13. When more than four vitamins and minerals are declared they can be listed vertically (instead of horizontally) with the percents under the "% Daily Value" column.

Printing Specifications for Nutrition Labels in the US *Continued*

14. The "footnote" is the text marked by the asterisk and the table with the daily values on a 2,000 and 2,500 calorie basis.
15. If the % Daily Value for protein is declared, then the footnote must list the daily values for protein on the two calorie bases, after the listing for Dietary Fiber. Likewise, if potassium is declared the daily values for potassium must be listed after those for sodium.
16. The calories per gram information is optional and may be listed horizontally or vertically.

Annex D

U.S. FDA Small Business Food Labeling Exemption

Section 403(q) of the Federal Food, Drug and Cosmetic Act requires that packaged foods and dietary supplements bear nutrition labeling unless they qualify for an exemption. 21 CFR 101.9(j)(1) and 21 CFR 101.9(j)(18) for foods and 21 CFR 101.36(h) for dietary supplements outlines the requirements to qualify for the exemption. A business may be exempt from the requirement of including a "Nutrition Facts" panel on its food packages and "Supplement Facts" panel on its dietary supplement packages.

The exemption under 21 CFR 101.9(j)(1) applies to retailers with annual gross sales of less than $500,000, or with annual gross sales of food to consumers of less than $50,000. The exemption under 21 CFR 101.9(j)(18) and 21 CFR 101.36(h) is based on the number of employees and number of product units sold. The exemption applies to businesses with fewer than 100 employees and products fewer than 100,000 units. The number of employees is based on the average number of full time equivalent employees. No exemption may be taken if a company has more than the number of employees listed regardless of number of units produced.

> A "product" is a food with the same brand name and statement of identity.
>
> A "unit" is a package or, if unpacked, the form in which the product is offered for sale.
>
> "Company" includes domestic and international affiliates.

If any nutrient content claim (e.g., "low fat") or health claim is made, the small business exemption is not applicable. Also, this exemption deals only with the necessity of having the "Nutrition Facts/Supplement Facts" panel, and has no effect on the mandatory labeling information (i.e., statement of identity, quantity of contents, ingredient statement, name and address of responsible firm).

The firm claiming the exemption must file a notice with the Food and Drug Administration annually. A suggested form to use to claim the exemption may be obtained from the following sources:

- The center's website http://www.cfsan.fda.gov/~dms/sbelform.html.
- Email your request for application to Sbusines@cfsan.fda.gov or Small.Business.Notification@cfsan.fda.gov
- Call or fax in your request for an application at telephone 301/436-2375 or (fax) 301/436-2639.

You can also submit your firm's small business exemption notification by fax, email or postal mail.

The address to mail your notification:

Center for Food Safety and Applied Nutrition
Food and Drug Administration
HFS--810
5100 Paint Branch Parkway
College Park, Maryland 20740-3835

If we do not hear from you, we will no longer list your firm as a small business with products that are exempt from mandatory nutrition labeling.

Model Small Business Food Labeling Exemption Notice

Instructions for completion. (Please type or clearly print)

Name of firm: Enter the recognized legal name of your firm.

Firm address: Enter the mailing address for the principal location of your firm. Also, provide telephone, FAX numbers and e-mail address.

Type of firm: Place a check mark or "x" in each block that is applicable to your firm. For example, if your firm manufactures all products that it sells, place a check mark after "Distributor."

Twelve-month time period for which you are claiming exemption: Enter the specific time period for which you are requesting exemption for your products. For products initially introduced into interstate commerce before May 8, 1994, this time period will be from May 8 of the current year to May 7 of next year: e.g., "FROM 05/08/02 TO 05/07/03." For new products, the time period should start with the date on which sales in the United States are expected to begin: e.g., "FROM 04/01/02 TO 03/31/03."

Average number of full-time equivalent employees for twelve-month period: Enter the average number of full-time equivalent employees of your firm and all of its affiliates for the year preceding the year for which an exemption is claimed under item 4. The average number should include all employees of your firm and its affiliates (e.g., owners; officers; and all other personnel such as secretarial, production, and distribution employees). Firms are affiliates of each other when, either directly or indirectly, (1) one firm has the power to control the other, (2) a third party controls or has the power to control both, or (3) an identity of interest exists such that affiliation may be found.

The Average number of full-time equivalent employees is to be determined by using the following formula: Total number of employee/hours paid divided by 2080 hours = average number of full-time equivalent employees. For example, 254, 998 paid employee/hours divided by 2080 = 122. If the total number of actual employees for your firm and its affiliates is less than 100, you may enter the total number of actual employees instead of calculating the average number of full time employees; e.g., if your firm has 24 employees that work full-time and 12 employees that work part-time, you may report 36 total actual employees instead of calculating the average number of full-time equivalent employees.

Report of units sold (Continuation sheets using the same format for item 6 may be used if necessary):

Product: *Under the column for product, enter the name, including the brand name, for each food product for which your firm is claiming an exemption. A food product is a food in any sized package which is manufactured by a single manufacturer or which bears the same brand name; which has a similar preparation method. In considering whether food products have similar preparation methods, consider all steps that go into the preparation of the food products, from the initial formulation steps to any finishing steps; for example, products having differing ingredients would be considered different food products and counted separately in determining the number of units.*

No. of Units: provide the approximate sales of your firm, in terms of units for the product for the year immediately preceding the time period for the exemption entered under item 4, provide an approximation of the sales expected to be made during the time period in item 4. For example, if the time period being claimed in item 4 is April 1, 2001, to March 31, 2002, for a product that is going to be sold beginning April 5, 2001, provide an approximation of sales for the period from April 1, 2001, to March 31, 2002.

The approximate total number of units is the summation of the number of units of the various package sizes of the food product in the form in which it is sold to consumers; for example, the total of all 2-pound bags of flour plus all 5-pound bags of flour plus all 10-pound bags of flour should be provided as the number of units sold by your firm in the United States. There may also be occasions where a food is sold in bulk or by individual pieces rather than in packaging; e.g., flour may be sold in bulk displays at grocery stores. In such a case, the number of units should be determined on the basis of the typical sales practice for the specific food product; e.g., if 2000 pounds of flour are sold from bulk displays at grocery stores, and the typical practice for sales to consumers is to price the flour on a per pound basis, then the bulk sales would represent 2000 units. If the firm sells the same product in package form, then the bulk sales, 2000 units in the above example, should be added to the sum of the number of units of flour sold by the firm in the United States.

Manufacturer: Under the column designated "Manufacturer" enter the letter that corresponds with the name of the manufacturer of the product. The letter "A" is used to designate the firm submitting the notice if it is the manufacturer of the product. If the firm submitting the notice is not the manufacturer of the product, use the letter from Item 7 (B or C) from the continuation sheets for Item 7, that corresponds to the name and address of the manufacturer of the product.

Name and address of manufacturer (s) or distributor(s) of products(s) in item 6 if different from firm claiming exemption: Continuation sheets may be used if necessary. Provide the name and addresses of the manufacturers of the food products for which exemption is being claimed if they are different from the firm claiming the exemption. If the name of the manufacturer is unknown, provide the name of the firm from which the product is purchased. Insert the letter corresponding to the name of the manufacturer ("A" corresponds to the firm submitting the notice) or distributor in the appropriate block for the name of the product under item 6.

Contact person: Enter the name of a person that can act as a contact for your firm if any questions arise concerning the information included in the notice.

Certification: The form is to be signed by a responsible individual for the firm that can certify to the authenticity of the information presented on the form. The individual signing the form will commit to notify the Office of Nutritional Products, Labeling and Dietary Supplements when the numbers of full-time equivalent employees or total numbers of units of products sold in the United States exceed the applicable number for an exemption.

Workbook for Calculating:

Serving Size
Number of Servings
Nutrient Contents

Workbook
Table of Contents

Nutrition Labeling in the US and Canada Workbook

WORKSHEET 1 -- **Calculating Serving Size and Number of Servings (For Discrete Units of Food)**

Name of Product _____

1. Look up the Reference Amount Customarily Consumed (RACC) for the product category that most closely matches your product. Write in the RACC:

(RACC): _____

2. Determine the average metric weight for one piece of your product. Weigh at least 5-10 pieces of your product and average these weights to get the average weight (add the weights together and then divide this total weight by the number of pieces you weighed).

1st piece	**_____ g**					
2nd piece	**+ _____ g**					
3rd piece	**+ _____ g**					
4th piece	**+ _____ g**					
5th piece	**+ _____ g**					
6th piece	**+ _____ g**					
7th piece	**+ _____ g**					
8th piece	**+ _____ g**					
9th piece	**+ _____ g**					
10th piece	**+ _____ g**		**No. pieces**		**Average wt.**	
Total	**= _____ g**	**÷**	**_____**	**=**	**_____**	

WORKSHEET 1 -- **Calculating Serving Size and Number of Servings**
Continued **(For Discrete Units of Food)**

3. Determine the weight of one piece of your product as a percentage of the RACC. Divide the average weight for one piece of your product by the RACC, and multiply this number by 100 (to get the percent).

Avg. wt. (Step 2)		RACC (Step 1)		Decimal equivalent		Percentage
_____	÷	_____	=	_____	x 100 =	_____

If this number is:

- < 50%, go to step 4a
- at least 50 but < 67%, go to step 4b
- at least 67 but < 200%, go to step 4c
- 200% or more, go to step 4d.

4a. Determine the number of pieces of your product that comes closest to the RACC. Round the number of pieces to the nearest whole number. If the fraction (decimal) is ½ (0.5) or higher, round up; otherwise, round down. Write the number of whole pieces below.

RACC (Step 1)		Average wt. (Step 2)		No. Piece Rounded to:	
_____	÷	_____	=	_____	;

Proceed to Step 5

4b. Our serving size may be either one piece or two pieces. *Proceed to Step 5.*

4c. Our serving size is one piece. *Proceed to Step 5.*

4d. Your serving size is one piece, AND you are confident that an entire piece can reasonably be eaten by one person at one time. *Proceed to Step 5*.

If you are NOT that confident entire piece can reasonably be eaten by one person at one time, your product is probably a large discrete food and you should use the worksheet for this kind of food.

5. Figure your metric serving size by multiplying the average weight of one piece (from Step 2) times the number of pieces in your serving size (from Step 4a, 4b, 4c, or 4d). In the **US** round this number to the nearest tenth of a gram if the metric serving size is less than 2 g, the nearest half gram if it is between 2 and 5 g, or the nearest whole gram if it is more than 5 g. In **Canada**, round to the nearest 0.1 g if < 10 g or the nearest 1g if > 10g

Avg. wt.		No. Pieces		Metric Serv. Size		Rounded to
_____	x	_____	=	_____	;	_____

WORKSHEET 1 -- **Calculating Serving Size and Number of Servings**
Continued **(For Discrete Units of Food)**

6. To figure the number of servings, divide the metric net weight of your product by the metric serving size in Step 5. You can either use the metric net weight currently printed on your label, or you may calculate it by multiplying the number of ounces in your package by 28.

Net weight		**Metric Serv. Size**		**No. Servings**
_____	÷	_____	=	_____

7. Round the number of servings to the nearest half if the number of servings is between 2 and 5. If the number of servings is 1 or more than 5, round to the nearest whole number. If the fraction (decimal) is ½ (.5), round up and write the number of whole servings below. Unless the number of servings does not have to be rounded, write in "about" before the number of servings:

_____ _____ **Servings**

WORKSHEET 1 -- Calculating Serving Size and Number of Servings (For Other Foods)

Name of Product _____

1. Look up the Reference Amount Commonly Consumed (RACC) for the product category that most closely matches your product. Write in the RACC:

(RACC) _____ g

2a. **In Canada**, the serving size will be the RACC.

Round to the nearest whole gram and *skip to Step 6*.

2b. **In the US**, convert the metric weight in the RACC to ounces by dividing the number of grams by **28**:

RACC wt.				**No. of ounces**
_____ **g**	**÷**	**28**	**=**	_____

3. Round the ounces to the nearest half ounce. If the number of ounces in Step 2 doesn't need to be rounded (the number after the decimal point is 0 or 5), the number in Step 2 is your serving size and the RACC is your metric serving size *(skip to Step 6)*.

Otherwise, write in the rounded number here: _____

4. Figure the metric serving size by multiplying the ounces in your rounded serving size by **28**:

Rounded oz.				**Metric serving size**
_____	**x**	**28**	**=**	_____

5. Round the number from Step 4 to the nearest whole gram.
Round up if the decimal is .5 or more.
Write the rounded metric serving size in the blank below:

_____ Rounded metric serving size

6. If your product has a random net weight (each package has a different net weight) the number of servings is the word "varied." Otherwise, calculate the number of servings by dividing the net weight of your product by the rounded metric serving size.

Net wt.		**metric serving size**		**No. of servings**
_____	**÷**	_____	**=**	_____

WORKSHEET 1 -- Calculating Serving Size and Number of Servings
Continued **(For Other Foods)**

7. Unless the number of servings in Step 6 came out to be a whole number, round the number of servings to the nearest half if between 2 and 5 servings, round to the nerest whole serving if 1 or more than 5 servings. Round up if the decimal is .5 or more. Write in the rounded number of servings below. You will use the term "about" to indicate that you have rounded.

_____ Rounded number of servings

WORKSHEET 1 -- Calculating Serving Size and Number of Servings (For Indiscrete Foods)

Name of Product _____

1. Look up the Reference Amount Customarily Consumed (RACC) for the product category that most closely matches your product. Write in the RACC below

(RACC)_____ g or mL

2. Determine the household measure that comes closest to the RACC.

   Using a glass measuring cup or standard household measuring spoons, tare a metric scale for the weight of the household utensil and add one RACC of your product into the household measure (cups, tbsp, or tsp) that is likely to come closest to the RACC.

   Use the "common units" column in the RACC table and the standard weight/volume relationships table on page 12 of the workbook as guides. Cup measures are to the nearest 1/3 or 1/4 cup increment, tablespoons and teaspoons are to the nearest whole (amounts between 1 and 2 tablespoons are expressed to the nearest 1/3 or 1/2 tablespoon), and amounts below 1 teaspoon are to the nearest 1/4 teaspoon.

   Write in the increment and household measure that comes closest to the RACC in the blank below. This is your common unit serving size. For beverages this may be expressed in fluid ounces.

   1st measure _____ 2nd measure _____

3. Determine the average weight of the household measure and increment you determined in Step 2. Weigh several portions of the amount in Step 2 and average the weights.

1st portion	**_____ g or mL**			
2nd portion	**+ _____ g or mL**			
3rd portion	**+ _____ g or mL**			
4th portion	**+ _____ g or mL**			
5th portion	**+ _____ g or mL**			
6th portion	**+ _____ g or mL**			
7th portion	**+ _____ g or mL**			
8th portion	**+ _____ g or mL**			
9th portion	**+ _____ g or mL**			
10th portion	**+ _____ g or mL**	**No. portions**	**Average wt.**	
Total	**= _____ g or mL**	**÷ _____**	**=**	**_____**

WORKSHEET 1 -- Calculating Serving Size and Number of Servings
Continued **(For Indiscrete Foods)**

Name of Product _____

4. To determine your metric serving size, round the average metric weight to the nearest:

In the US	**In Canada**
0.1g/mL if < 2 g/ml, or	0.1 g/mL if < 10g/mL, or
0.5g/mL if 2 to 5g/ml, or	whole g/mL if > 10g/mL
whole g/ml if > 5 g/ml	

_____g or mL (Rounded metric amount)

5. To determine the number of servings, divide the metric net weight by the metric serving size you listed in Step 4. If your net weight is not metric, multiply the ounces by 28 to get the metric net weight.

Metric Net weight		**Metric serving size**		**No. of servings**
_____	÷	_____	=	_____

6. Round the number of servings to the nearest half if the number of servings is between 2 and 5. If the number of servings is 1 or more than 5, round to the nearest whole number. If the fraction (decimal) is 1/2 (.5), round up and write the number of whole servings below. Unless the number of servings does not have to be rounded, write in "about" before the number of servings:

_____ _____ **Number of Servings**

WORKSHEET 2 -- Calculating the Nutrient Declarations

Name of Product _____

1. Write in the amount for each nutrient from the laboratory report or data base print-out. If you have more than one value for each nutrient, average the values first and enter the average. You will calculate the calories in step 2.

Nutrient	Amount per serving	Round to the Nearest:	Rounded Amount	Daily Value	% Daily Value
Total calories		• **Canada 0.1 if < 5** • 5 if 50 or less • 10 if more than 50 • (may be 0 if < 5)		n/a	n/a
Calories from fat **(US only)**				n/a	n/a
Total fat		• **Canada 0.1 if < 0.5g** • ½ gram if 5 g or less • whole g if 5 or more • (0 if less than ½ g)		65 g	
Saturated fat				20 g	**US**
Trans Fat				n/a	n/a
Sat + Trans	n/a		n/a	20	**Can**
Cholesterol		• 5 mg • (may be 0 if < 2 mg) • **US ("< 5mg" if 2-5)**		300 mg	
Sodium		• **Canada 0.1mg if < 5mg** • 5 mg if 5-140 • 10 mg if 140 or more • (0 if less than 5)		2,400 mg	
Total Carbohydrate		• whole gram • (may be 0 if < ½ g) • **US ("< 1g" if true)**		300 g	
Dietary Fiber				25 g	
Sugars				n/a	n/a
Protein				50 g	
Vitamin A		Daily Values rounded to nearest: • 2% if 10 or less • 5% if 10-50 • 10% if over 50 • (0 if less than 1%), **or** • **US ("< than 2%" if true)**	n/a	5,000 IU	
Vitamin C			n/a	60 mg	
Calcium			n/a	1,000 mg	
Iron			n/a	18 mg	

WORKSHEET 2 -- Calculating the Nutrient Declarations

Continued

Name of Product _____

2. Calculate the calories from fat by multiplying the average grams of total fat per serving by 9. Calculate the rest of the calories by adding together the average grams of protein and total carbohydrate.

   Multiply this number by 4.
   Add this to the calories from fat to get total calories:

   _____ (g of fat) x 9 = _____ (fat calories)

   (_____ + _____) x 4 = _____ + _____ =
   (g protein + carbo.) (other cal.) (fat calories) (total cal.)

Enter the **Total Calories** and **Calories from Fat** in the second column of the table.

3. Using the rounding instructions in the third column of the table (titled "Round to the Nearest"), round the amounts per serving for each nutrient and write in the rounded amount in the fourth column.

4. Go back to the "Amount per Serving" column and divide the amount of the nutrient by the number in the "Daily Value" (fifth) column for that nutrient.

Round this figure to the nearest whole percent and write in the rounded percent in the last column (titled "% Daily Value").

5. Fill in the template on the next page using the rounded amounts per serving (from Column 4) and the rounded percent Daily Values (from Column 6).

From the worksheet on serving sizes, fill in the serving size information. This is essentially what the top part of your nutrition label will look like.

WORKSHEET 2 -- Calculating the Nutrient Declarations in the US
Continued

Name of Product _____

Nutrition Facts	
Serving Size _____ (_____ g)	
Servings Per Container	
Amount Per Serving	
Calories _____	Calories from Fat _____
% Daily Value* _____	
Total Fat _____ g	_____%
Saturated Fat _____ g	_____%
Trans Fat _____g	
Cholesterol _____ mg	_____%
Sodium _____ mg	_____%
Total Carbohydrate _____ g	_____%
Dietary Fiber _____ g	_____%
Sugars _____ g	
Protein _____ g	
Vitamin A _____%	Vitamin C _____%
Calcium _____%	Iron _____%

WORKSHEET 2 -- Calculating the Nutrient Declarations in the US
Continued

Name of Product _____

Nutrition Facts **Valeur nutritive** Per _____ (_____ g) par _____ (_____ g)	
Amount % Daily Value **Teneur% valeur quotidienne**	
Calories / **Calories**	
Fat / **Lipides** _____ g	_____%
Saturated / saturés _____ g + Trans / trans _____ g	
Cholesterol / **Cholestérol** _____ mg	_____%
Sodium / **Sodium** _____ mg	_____%
Carbohydrate / **Glucides** _____ g	_____%
Fibre / Fibres _____ g	_____%
Sugars / Sucres _____ g	
Protein / **Protéines** _____ g	
Vitamin A / Vitamine A _____%	
Vitamin C / Vitamine C _____%	
Calcium / Calcium _____%	
Iron / Fer _____%	

Reference Amounts Customarily Consumed (RACC) for Food Products[1]

1 Amounts are based on the ready-to-serve form of the food; dried/condensed food amounts are based on the amount used to hydrate to the ready-to-eat version of the food's reference amount. The reference amount must be converted into household units to be expressed as a serving size. Examples under the categories are not inclusive.

PRODUCT CATEGORY	RACC	COMMON UNIT
Bakery Products:		
Biscuits, croissants, bagels, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies	55 g	___ pieces
Breads (excluding sweet quick-type), rolls	50 g	___ pieces
Brownies	40 g	___ piece
Cake, heavy weight, (cheesecakes, pineapple upside-down cake, fruit, nut and vegetable cakes with $\geq$ 35% of the finished cake as fruit, nuts, or vegetables	125 g	
Cake, medium weight (leavened cakes; fruit, nut or vegetable cakes with < 35% of finished weight as fruit, nuts or vegetables; light cakes with icing; Boston cream pie; cupcakes; eclairs; cream puffs)	80 g	
Cake, light weight (angel food, chiffon, or sponge cake without icing or filling)	55 g	___ pieces or fraction
Coffee cakes, crumb cakes, doughnuts, Danish, sweet rolls, sweet quick type breads, muffins, toaster pastries	55 g	
Cookies	30 g	___ pieces
Crackers that are usually not used as a snack, melba toast, hard bread sticks, ice cream cones	15 g	___ pieces
Crackers that are usually used as snacks	30 g	___ pieces

PRODUCT CATEGORY	RACC	COMMON UNIT
Croutons	7 g	___ tbsp, cups, or ___ pieces if large
French toast, pancakes, variety mixes	110 g prepared 40 g dry mix	___ pieces or ___ cups mix
Grain-based bars, breakfast bars, granola bars, rice cereal bars	40 g	___ pieces
Pies, cobblers, turnovers, other pastries	125 g	___ pieces or fractions
Pie crust	1/6 of 8 inch 1/8 of 9 inch	1/6 of 8 inch 1/8 of 9 inch
Pizza crust	55 g	___ fraction
Taco shells, hard	30 g	___ shells
Waffles	85 g	___ pieces
Beverages		
Carbonated and non-carbonated beverages, wine coolers, water	240 mL	8 fl oz
Coffee or tea, flavored and sweetened	240 mL	8 fl oz
Cereals and Other Grain Products		
Breakfast cereals (hot type) hominy, grits	1 cup prepared, 40 g plain dry, 55 g flavored/sweetened	___ cups

PRODUCT CATEGORY	RACC	COMMON UNIT
Breakfast cereals, ready-to-eat (weighing less than 20 g/cup, e.g., puffed grains)	15 g	___ cups
Breakfast cereals, ready-to-eat (weighing 20-43 g/cup) high fiber cereals (>28 g/100 g)	30 g	___ cups
Breakfast cereals, ready-to-eat (weighing > 43 g/cup), biscuit types	55 g	___ pieces or cups
Bran or wheat germ	15 g	___ tbsp or cups
Flours or cornmeal	30 g	___ tbsp or cups
Grains, e.g., rice, barley, plain	140 g prepared; 45 g dry	___ cups
Pastas, plain (including lasagna noodles, large shells)	140 g prepared; 55 g dry.	___ cups or pieces
Pastas, dry, ready-to-eat, e.g., fried canned chow mein noodles	25 g	___ cups
Starch, e.g., cornstarch, potato starch, tapioca, etc.	10 g	1 tbsp
Stuffing	100 g	___ cups
Dairy Products and Substitutes		
Cheese, Cottage	110 g	1/2 cup
Cheese used primarily as ingredients, e.g., dry cottage cheese, ricotta cheese	55 g	1/3 cup dry cottage cheese 1/4 cup ricotta
Cheese, grated, hard (Parmesan, romano)	5 g	1 tbsp

PRODUCT CATEGORY	RACC	COMMON UNIT
Cheese, all others except those listed as separate categories; includes cream cheese and cheese spreads	30 g	___ pieces or oz ___ tbsp cream cheese
Cream or cream substitute, fluid	15 mL	1 tbsp
Cream or cream substitute, powder	2 g	1 tsp
Cream, half & half	30 g	2 tbsp
Eggnog	120 ml	1/2 cup or 4 fl oz
Milk, condensed or evaporated, undiluted	30 ml	2 tbsp
Milk, milk-based drinks, e.g., instant breakfast, meal replacement, cocoa	240 ml	1 cup or 8 fl oz
Shakes or shake mix, fruit frost mix	240 ml	1 cup or 8 fl oz
Sour cream	30 g	2 tbsp
Yogurt	225 g	1 cup
Desserts:		
Ice-cream, ice milk, frozen yogurt, sherbet: all types, bulk and novelties (e.g., bars, sandwiches, cones).	1/2 cup (includes coatings and wafers)	1/2 cup or ___ pieces
Frozen flavored and sweetened ice and pops; frozen fruit juices; all types, bars & novelties	85 g	___ pieces or cups

PRODUCT CATEGORY	RACC	COMMON UNIT
Sundae	1 cup	1 cup
Custards, gelatin or pudding	1/2 cup	1/2 cup or ___ pieces
Dessert Toppings and Fillings: Cake frosting or icing	35 g	___ tbsp
Other dessert toppings, e.g., fruits, syrups, marshmallow cream, nuts, dairy and non-dairy whippped toppings	2 tbsp	2 tbsp
Dessert filling: Pie fillings	85 g	___ cups
Egg and Egg Substitutes:		
Egg mixture, e.g., egg foo young, scrambled egg, omelet	110 g	___ pieces or cups
Eggs (all sizes); egg substitutes	50 g	one egg or ___ cups
Fats and Oils		
Butter, margarine, oil, shortening	1 tbsp (14 g butter, 13 g shortening, 9 g whipped butter)	1 tbsp
Butter replacement powder	2 g	___ tsp
Fats and Oils:		
Dressings for salads	30 g	2 tbsp
Mayonnaise, sandwich spread, mayonnaise-type dressing	15 g	1 tbsp

PRODUCT CATEGORY	RACC	COMMON UNIT
Spray type oils	0.25 g	about __ seconds spray
Fish, Shellfish, Game Meats and Meat or Poultry Substitutes:		
Bacon Substitute, canned anchovy, anchovy paste, caviar	15 g	__ pieces or tbsp
Dried Fish, Shellfish, and Meat or Poultry Substitutes, e.g., jerky	30 g	___ pieces
Entrees (cooked) with sauce, e.g., fish with cream sauce, shrimp with lobster sauce	140 g cooked	___ cups or 5 oz
Entrees without sauce, e.g., plain or fried fish and shellfish, fish and shellfish cakes	85 g, 110 g raw	___ pieces, cups, oz
Fish, shellfish, or game meat, canned	55 g	___ cups or pieces
Substitute for luncheon meat, meat spreads, Canadian bacon, sausage and frankfurter	55 g	___ pieces or cups
Smoked or pickled fish, shellfish, or game meat; fish or shellfish spread	55 g	___ pieces or cups
Fruits and Fruit juice:		
Candied or pickled	30 g	___ pieces
Dried fruits	40 g	___ cups or pieces
Fruit for garnish or flavor, e.g., maraschino cherries	4 g	1 cherry
Fruit relishes, e.g., cranberry sauce, cranberry relish	70 g	___ cups or pieces
Fruits used primarily as ingredients, e.g., avocado	30 g	1/3 medium

PRODUCT CATEGORY	RACC	COMMON UNIT
Fruits, others used primarily as ingredients, e.g., cranberries, lemons, limes	55 g	___ pieces or cups
Watermelon	280 g	fraction or 2 cups
All other fruits (except those listed as separate categories), fresh, canned or frozen	140 g	___ pieces or cups
Juice, nectar, fruit drinks, or fruit-flavored drinks	240 mL	8 fl oz
Juice used as ingredients, e.g., lemon juice, lime juice	5 mL	1 tsp
Legumes:		
Bean cake (tofu)	85 g	___ pieces or 3 oz
Beans, plain or in sauce	90 g plain, 130 g in sauce	1/2 cup
Miscellaneous category:		
Baking powder, baking soda, pectin	0.6 g	__ tsp
Baking decorations, e.g., colored sugars and sprinkles for cookies, cake decorations	1/4 tsp or 4 g	1/4 tsp or ___ pieces
Batter mixes, bread crumbs	30 g	___ tbsp or cups
Cooking wine	30 ml	2 tbsp

PRODUCT CATEGORY	RACC	COMMON UNIT
Drink Mixers (without alcohol)	Amount to make 240 ml drink (without ice)	___ tsp or tbsp
Chewing Gum	3 g	___ pieces
Coating and seasoning mixes for meat, poultry, seafood, chili, or pasta salad	Amount to make 1 RACC of the finished dish	___ tsp or tbsp
Salad and potato toppers, e.g., salad crunchies, salad crispins, bacon bits substitutes	7 g	___ tbsp
Salt, salt substitute, seasoning salt (e.g., garlic salt)	1 g	___ tsp
Spices and herbs	1/4 tsp or 0.5 g	1/4 tsp or ___ pieces
Mixed Dishes		
Measureable with a cup, casseroles, hash, macaroni and cheese, pot pies, spaghetti with sauce, stews	1 cup	1 cup
Not measureable with a cup, e.g., burritos, egg rolls, enchiladas, pizza, pizza rolls, quiche, all types of sandwiches	140 g + 55 g if topped with sauce	___ pieces or fractions

PRODUCT CATEGORY	RACC	COMMON UNIT
Nuts and Seeds:		
Nuts, seeds, and mixtures, all types; sliced, chopped, slivered and whole	30 g	___ pieces or tbsp
Nut and seed butter, paste or cream	2 tbsp	2 tbsp
Coconut, nut and seed flours	15 g	___ tbsp
Potatoes & Sweet Potatoes/Yams		
French fries, hash browns, skins or pancakes	70 g cooked, 85 g frozen	___ pieces
Mashed, candied, stuffed or with sauce	140 g	___ pieces or cups
Plain, fresh, canned or frozen	110 g fresh/frozen, 160 g canned in liquid, 125 g vacuum packed	___ pieces or cups
Salads:		
Gelatin Salad	120 g	1/2 cup
Pasta or potato salad	140 g	___ cups
All other salads, e.g., egg, fish, shellfish, bean, fruit, or vegetable salad	100 g	___ cups
Sauces, Dips, Gravies and Condiments:		

PRODUCT CATEGORY	RACC	COMMON UNIT
Barbecue sauce, Hollandaise sauce, tartar sauce, sauces for dipping (e.g. mustard sauce, sweet and sour sauce), all dips (e.g., bean dips, dairy-based dips, salsa), marinades	2 tbsp	2 tbsp
Major main entree sauce, e.g., spaghetti sauce	125 g	1/2 cup
Minor main entree sauce (e.g., pizza sauce, pesto sauce), other sauces used as toppings (e.g., gravy, white sauce, cheese sauce), cocktail sauce.	1/4 cup	1/4 cup
Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce	1 tbsp	1 tbsp
Minor condiments e.g., horseradish, hot sauce, mustard, worcestershire sauce, etc.	1 tsp	1 tsp
Snacks: All varieties, chips, pretzels, popcorns, extruded snacks, fruit-based snacks (e.g., fruit chips), grain-based snack mixes	30 g	___ cups or pieces
Soups: all varieties	245 g	1 cup
Sugars and Sweets:		
Baking candies (e.g., chips)	15 g	___ tbsp or pieces
Hard candies, breath mints	2 g	___ pieces
Hard candies, roll-type, mini-size in dispenser	5 g	___ pieces
Hard candies, others; after dinner mints, caramels, fondants (e.g., plain mints, caramel corn), liquid and powdered candies	15 mL for liquid candies 15 g for all others	___ tbsp or pieces

PRODUCT CATEGORY	RACC	COMMON UNIT
Chocolate-covered fondants (e.g., chocolate-covered creams, chocolate-covered mints), taffy, and plain toffee	30 g	___ pieces
All other candies (e.g., candy bars, chocolate candies, fudge, licorice, gumdrops, nut or raisin candies)	40 g	___ pieces
Confectioner's sugar	30 g	1/4 cup
Honey, jams, jellies, fruit butter, molasses	1 tbsp	1 tbsp
Marshmallows	30 g	___ pieces or cups
Sugar	4 g	___ tsp or cubes
Sugar substitute	Amount equal to one RACC for sugar in sweetness	___ tsp, drops or pieces
Syrups	30 mL as an ingredient; 60 mL all others	2 tbsp as ingredient; 1/4 cup all others
Vegetables:		
Vegetables primarily used for garnish or flavor, e.g., pimento, parsley	4 g	___ tbsp or pieces
Chili peppers, green onion	30 g	___ tbsp, pieces, cups
All other vegetables without sauce: fresh, canned, or frozen (includes creamed corn, stewed tomatoes, squash or pumpkin)	85 g fresh/frozen, 95 g vacuum canned, 130 g in liquid	___ cups or pieces

PRODUCT CATEGORY	RACC	COMMON UNIT
All other vegetables with sauce; fresh, canned or frozen	110 g	___ cups or pieces
Vegetable juice	240 mL	8 fl oz
Olives; whole, chopped or slice	15 g	___ pieces or tbsp
Pickles, all types	30 g	1 oz or ___ pieces
Pickles, relish	15 g	1 tbsp
Vegetable pastes, e.g., tomato paste	30 g	2 tbsp
Vegetable sauce or puree, e.g., tomato sauce, tomato puree	60 g	1/4 cup